

## PE Competency Credit Fitness Log

This fitness log is to demonstrate alternative physical activity to demonstrate the physical portion of the PE standards. Students must complete 75 hours of physical activity in the year in which the PE excusal is requested. In order to earn PE competency credit, students must complete both the physical activity log and demonstrate the cognitive knowledge portion of the PE standards by passing the district approved PE knowledge test. Completed and signed forms must be submitted to the student's school guidance counselor.

Student Name	Student Signature		Date
School	Grade Level		
By signing this fitness log, I	verify that the student comple	eted all fitness log activition	es.
Parent/Guardian Signature			Date
Date	Duration (hours)	Activity	



Date	Duration (hours)	Activity

Add additional log sheets as necessary. Hours must total at least 75.