

Cougar Academy Gym Log 2016-2017

This log is to be completed by the student with the appropriate signatures. It is the <u>responsibility of the student</u> to turn log in to Cougar Academy each marking period in order to receive grade and credit. <u>Each marking period student must complete 45 hours of physical activity.</u>

Student Name			Grade Marking Period		
Date	Type of Activity—examples (Walking, riding bike, jogging, football practice, vacuuming, sweeping, playing basketball, etc.)	Length of Time (start and end time) Example: 1 hour 2:00—3:00 p.m.	Signature o Parent/Gua (please spe	ardian/Coach/Other	

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