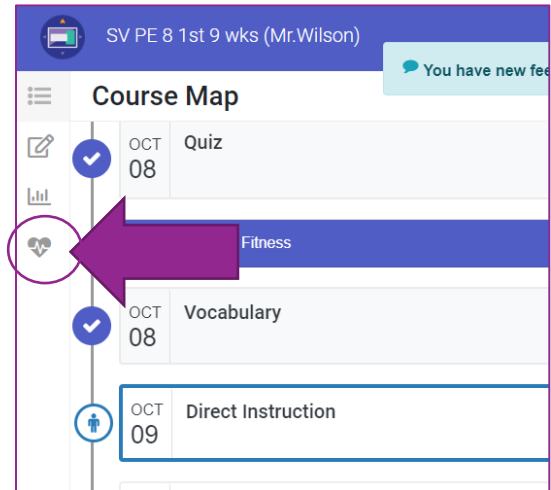
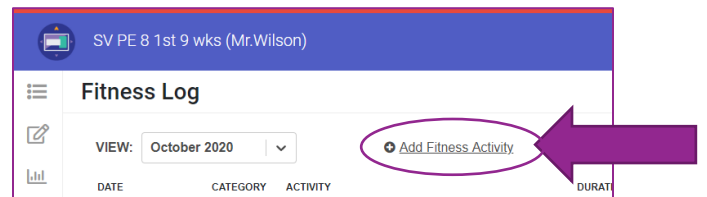


COMPLETING YOUR FITNESS LOG

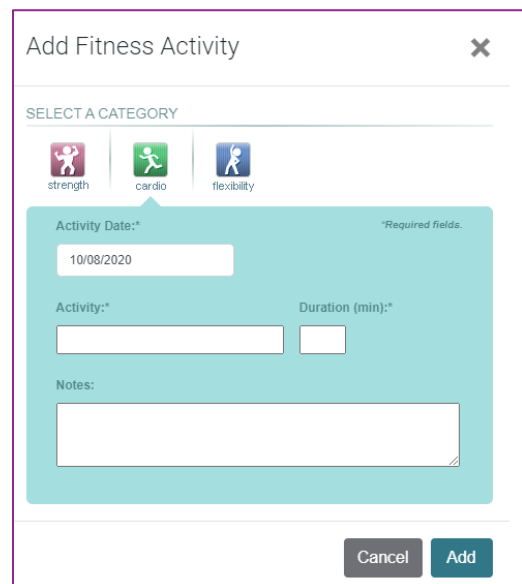
1. Click into your PE course. On the left hand side, you will see a heart icon. Click on that!



2. Once in the Fitness Log, Click Add Fitness Activity.



3. Complete the form with details of your activity. In the Notes section write who saw you do the activity (parent/guardian).

A screenshot of the 'Add Fitness Activity' form. The form has a title bar with a close button. Below the title bar, there is a 'SELECT A CATEGORY' section with three icons: 'strength', 'cardio', and 'flexibility'. The 'cardio' icon is selected. Below this, there are four required fields: 'Activity Date:*' (with a date picker showing '10/08/2020'), 'Activity:*', 'Duration (min):*', and 'Notes:'. The 'Notes' field is a large text area. At the bottom right, there are 'Cancel' and 'Add' buttons.

REMEMBER:

You need a total of 450 minutes for each nine weeks!