

Winter Lakes School

Physical Education

Activity Log



Student Name: _____

Use this table to create a log of all of the fitness activities completed.

Save your completed activity log and submit it on the WLHS Google Classroom, email to Mrs. Sperling at Ssperling@coquille.k12.or.us , or drop off in the WLHS office.

Date:	Type of Activity: (Cardiovascular, Muscular, or Flexibility)	Description of Activity:	Total Time: (please list time in minutes)
Total Time:			0.00

Student Signature

Submission Date