



*Exercise and Sport Science  
(ESS)*

*Activity Make-up Sheet*

**1 sheet per day absent**

I was absent from Exercise and Sport Science class and need to make up my 10 daily points by performing 30 minutes of activity outside of class.

Some suggested activities include: riding bike, bowling, running, swimming, shoveling snow, rollerblading, team or individual sports, fishing, canoeing, walking, etc...

**List activity performed:** \_\_\_\_\_

**Date activity was performed:** \_\_\_\_\_

**Class Days (Circle one):** M/W or T/TH

**Class Hour:** \_\_\_\_\_ **Grade level:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**Student's Name (first and last):** I performed the above activity for at least 30 minutes outside of ESS class.

**Parent/Guardian/Coach Signature:** I verify that the student has performed the activity written above for at least 30 minutes.

\_\_\_\_\_

