Physical Education Log Sheet

Student Name _____ **Dates:** _____

Date	Activity *(brief description)*	Time *(hours & minutes)*

Date	Activity *(brief description)*	Time *(hours & minutes)*

Total Hours: _____

Here are some ways that homeschool high schoolers have logged PE hours: **this is not an exhaustive list*

- Organized sports or teams
- Daily walks or runs
- Workouts at home or at a gym
- Digital fitness games or apps
- Bike Riding
- Gardening
- Dance lessons
- Karate or Martial Arts
- Swimming or Swim
- Bowling league
- Tennis
- Baseball or softball
- Soccer teams
- Nature hikes
- Skating
- Bike riding
- Volleyball
- Track/Cross Country
- Football
- Basketball
- Pickleball
- 9-Square
- Gaga Ball
- Weightlifting

GOAL: 75 hours+ (outside of regular P.E. class)