EXERCISE LOG

Student name	Teacher	

CHOICE OF EXERCISES INCLUDE; Running, Jogging, Hiking, Biking, Skiing, and Skating Participate in 30 minutes of non stop activity for each day absent from school. Activities may include; Ocean Swimming, Snorkeling, and Team Sport competitions.

DATE	DAY	EXERCISE/ACTIVITY	MINUTES
			1. See the second secon
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My child has completed the above activities to make up absences from school.

Parent Signature		date	9
