

# EXERCISE LOG

Student name \_\_\_\_\_ Teacher \_\_\_\_\_

CHOICE OF EXERCISES INCLUDE; Running, Jogging, Hiking, Biking, Skiing, and Skating

Activities may include; Ocean Swimming, Snorkeling, and Team Sport competitions.

DATE	DAY	EXERCISE/ACTIVITY	MINUTES

My child has completed the above activities to make up absences from school.

Parent Signature \_\_\_\_\_ date \_\_\_\_\_