

# Mt. Carmel P.E. Log

Due every Friday, BY 3:00 PM

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Dates: \_\_\_\_\_

In order to receive P.E. credit, students are expected to complete at least 20 minutes of physical activity a day, five days a week (in addition to time spent in class). This can include practicing marching basics, walking, running, playing a sport, etc. If you have any questions, please see Ms. Francis. **\*\* NOTE: A PARENT NEEDS TO SIGN, CERTIFYING THE P.E. LOG. IF THERE IS NO PARENT SIGNATURE, THE STUDENT WILL NOT RECEIVE CREDIT.**

Date	Physical Activity Description:	Minutes	Student Signature

*I certify this log to be true and correct.*

(Parent Signature)