

Period: _____

**HOMEWORK
MR. FREDERICKSEN**

Fitness Log

Last Name: _____

First Name: _____

<i>Requirements: Exercise minimum 3 days a week, 20 minutes continuous exercise (i.e. walking, jogging, sports practice)</i>					
<i>Parent must sign off that work has been completed</i>					
Week 1	Day	Minutes	Activity	Parent Signature	
	<i>Monday</i>				
	<i>Tuesday</i>				
	<i>Wednesday</i>				
	<i>Thursday</i>				
	<i>Friday</i>				
	<i>Saturday</i>				
	<i>Sunday</i>				
Week 2	Day	Minutes	Activity	Parent Signature	
	<i>Monday</i>				
	<i>Tuesday</i>				
	<i>Wednesday</i>				
	<i>Thursday</i>				
	<i>Friday</i>				
	<i>Saturday</i>				
	<i>Sunday</i>				
Week 3	Day	Minutes	Activity	Parent Signature	
	<i>Monday</i>				
	<i>Tuesday</i>				
	<i>Wednesday</i>				
	<i>Thursday</i>				
	<i>Friday</i>				
	<i>Saturday</i>				
	<i>Sunday</i>				
Week 4	Day	Minutes	Activity	Parent Signature	
	<i>Monday</i>				
	<i>Tuesday</i>				
	<i>Wednesday</i>				
	<i>Thursday</i>				
	<i>Friday</i>				
	<i>Saturday</i>				
	<i>Sunday</i>				
Week 5	Day	Minutes	Activity	Parent Signature	
	<i>Monday</i>				
	<i>Tuesday</i>				
	<i>Wednesday</i>				
	<i>Thursday</i>				
	<i>Friday</i>				
	<i>Saturday</i>				
	<i>Sunday</i>				