## **High School Physical Education Log**

ident Name	Da	Date	
 ness Goal for this LP_			
Date	Physical ACTIVITY  Minimum 60 hours per semester  Approximately 3-4 hours per week	Hours/Minutes min 20 minutes per activity	
		, , , , , , , , , , , , , , , , , , ,	
TOTAL TIME			

Student Signature	
<del></del>	
Parent Signature	
Grade (letter or percentage) for this Learning Period	1