

# Weekly Accountability Physical Education Log Sheet

You will use this activity log to record your physical activity. You will email a copy of this to your teacher at the end of each week.

Daily Activity	Day1	Day 2	Day 3	Day 4	Day 5
Activity Type					
Start Time					
Stop Time					
Location					

**Notes:**

- Be as specific as you can regarding your workout. Please do not generalize and assume I know what you mean. For example, just listing “cardio,” “weights,” or “workout” is not enough. Please include what kind of cardio, what specific weight workouts, how far or how long you walked, etc.
- Workouts need to be at least 30 continuous minutes per day, 5 days per week.
- Stretching is a warm-up or cool down, not a 30-minute activity.

**By signing this accountability log, I am verifying the accuracy of these records. Please accept my signature as verification of work complete.**

**Student Name:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_