

# Weekly Physical Education Log

## Week of

Name Total Hours

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Frequency/ Date | **Intensity** (How harddid you work? 1=very easy-10=very hard | **Time** (How long did you exercise) | **Type** (What activity did you do?) | Like or Dislike? |
| Monday |   |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

Guardian Signature

# Weekly Physical Education Log

## Week of

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| Frequency/ Date | **Intensity** (How hard did you work? 1=veryeasy-10=very hard | **Time** (How long did you exercise) | **Type** (What activity did you do?) | Like or Dislike? |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

Guardian Signature