Wasatch Peak Academy Physical Activity Log

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| Name: | Class: | Date: |

**WPA Physical Education Activity Log information in the “just in case” moment of being quarantined at home.:** Use this activity log to track your physical activity minutes for each week or day of PE you miss. Have an adult sign their initials next to each day that you complete 60 minutes. Turn in the physical activity log when you return to school to get credit for PE where you picked up this log in the blue container labeled “Physical Activity Logs Return.”

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Parent** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
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| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| Each student has PE once a week for 30 minutes. I expect each student to do at least 30 minutes of PE once a week. I would really like each student be physically active for 60 minutes every day, but you will only be graded for the 30 minutes of PE you do once a week. Everything on top of that will be extra credit.  Thank you for being physically active every day.  Go Be Great! Miss Randi ☺ |