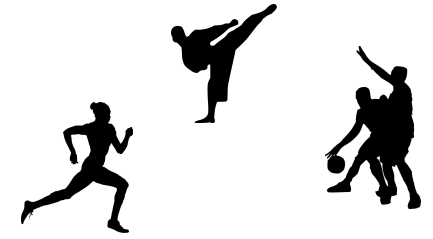


VICTORY HIGH SCHOOL MONTHLY PE LOG



Student Name: _____

Parent Signature: _____

Date: _____

Week Start Date			Week Start Date		
Day	# of Minutes Per Day	Exercise/Activity	Day	# of Minutes Per Day	Exercise/Activity
Sunday			Sunday		
Monday			Monday		
Tuesday			Tuesday		
Wed.			Wed.		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Total minutes this week			Total minutes this week		

Week Start Date			Week Start Date		
Day	# of Minutes Per Day	Exercise/Activity	Day	# of Minutes Per Day	Exercise/Activity
Sunday			Sunday		
Monday			Monday		
Tuesday			Tuesday		
Wed.			Wed.		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Total minutes this week			Total minutes this week		

(teacher use only)

Wk1 Total	
Wk2 Total	
Wk3 Total	
Wk4 Total	
Grand Total	
Credits (\div 540)	

Please note:

- Strive for 45 minutes per day of exercise or related activities
- 1 PE credit = 540 minutes of exercise (or 12 days of 45 minutes per day of exercise)
- The maximum number of credits students can earn per quarter is dependent on the number of weeks in that quarter.
- It is recommended that you average 45 minutes per day, Monday - Friday, or 225 minutes per week. The maximum number of minutes allowed to be logged per week is 315 (45 minutes per day for 7 days).

Teacher Signature _____ Date _____