

Self – Study Phys. Ed. Report

2007-08

Week

Your Name

DAY Exercise/Activity Length of Time or # of reps

Mon.

Tues.

Wed.

Thurs.

Fri.

Sat.

Sun.

REMEMBER !!! You need to be active 4 – 5 days a week for 30 minutes a day. *These are due every Monday for the previous week.*

your signature

/_____
parent signature