Linden Meadows Active Living Log

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The Active Living Log is something you will fill out each term. It is YOUR job to fill it out and hand it back in by the due date, which will be posted on the PE bulletin board and mentioned in class. If there is NOT a parent signature, it will not be accepted. Quotation marks are not allowed to be used to "repeat" activities if they are done throughout the week.

Due Date:	
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Date	Activity	Time	Type
Sept. 29 th	Basketball Warm-up, Basketball Practice, Biking	Minutes 90 mins 20 mins	(ME, MS, Cardio, Flexibility) Muscular Endurance, Cardio & Flexibility

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Parent/Guardian Signature

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Date	Activity	Time Minutes	Type (ME, MS, Cardio, Flexibility)
		Millures	(ME, MO, edi dio, Hexibility)

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Parent/Guardian Signature