

St. Anthony's School  
Physical Education Department



**Physical Education Activities Travel Log**

Today's Date \_\_\_\_\_

Name \_\_\_\_\_ Classroom / Teacher \_\_\_\_\_

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**Guidelines**

1. Use one travel log sheet *per week* you are absent.
2. Answer the questions below with *complete information*. Give important details.
3. Exercise for a *minimum* of 35 minutes per day.
4. Your activities should include cardiorespiratory exercise so as to raise your heart rate. Sample activities include: jogging, fast walking, continuous swimming, bicycling, tennis, aerobics, rollerblading, surfing, skiing.
5. Warm-up and cool-down stretching exercises are encouraged.
6. You and your parent must *sign* each week's activity log.
7. The logs are *due immediately* upon your return to school to **receive credit**.

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**Log**

Where did you go?

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Activity

Time (minimum 35 minutes)

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Additional Comments:

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Student's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_