8th Grade Independent Health
2011-2012

Fitness Log

Directions: Complete this form to account for your minimum 75 hours of fitness activity by April 30, 2012. A parent/guardian signature is required to verify your recorded activity in order to fulfill the PE requirement for this course. Once completed, submit this form to Sue Swanson via mail or by asking your School Registrar to send it in district mail for you.

Mailing address: Sue Swanson at Pine Lake Middle School

Student Name: _____

School Building: _____

Date	Activity	Hours

Total Hours: _____

Parent Signature: _____ Date: _____