

# 509J Online High School Physical Activity Log

K-5 - 150 Minutes per week

6-8 - 180 Hours per week

**Student's Name**

**PRINT:** \_\_\_\_\_

Date	Activity	Length of time	Running total time	Staff or Supervisor Initials

**Gym or SCHOOL SPORT Supervisor's Signature:** \_\_\_\_\_

**(EMAIL OR PHONE NUMBER)** \_\_\_\_\_

**Student Signature and Date:** \_\_\_\_\_

## 509J Online High School Physical Activity Log