

AEROBIC WORK-OUT CHART

STUDENT'S NAME: _____

GRADE: _____ TEACHER: _____

	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Student	Week 1								
	Week 2								
									Chart Total

	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Parent	Week 1								
	Week 2								
									Chart Total

PARENT'S SIGNATURE: _____

DIRECTIONS: Please put an "X" in the box each day you exercise. Count up the number of times you exercise in the first week and write it in the "weekly total" box. Then add up the 2 weekly total boxes to get the total number of exercise sessions. Have your parent's sign this form and turn it in to Coach Wilson when you come to PE class. You will receive one PE point for each week you exercise 3 times (for at least 20 min. in a row) aerobically. You get double points if a parent also exercised aerobically 3 times a week.

AEROBIC WORK OUTS: When you exercise at a moderate rate with out stopping for at least 20 min. Below are listed some examples.

*walking *running *biking *swimming *soccer *hockey *basketball *lacrosse *dancing *hiking
 *cross country skiing *treadmills and stationary bikes etc. *rowing