TEACHER	CHASE PHYSICAL ACTIVITY LOG NAM	ME
	Directions: We want you to KEEP ON MOVING! Please fill out the Physical Education Activity Log daily as you workout/exercise and keep moving throughout your day!	Goals: 45 minutes 5 days a week
Date	What did you do to "move your feet"	How long (time)
	Examples of Physical Activity: walking, biking, skateboarding, snow shoveling, bowling, skating, swimming, golf, jogging, hiking, soccer, walking the dog, playing catch, playing tag	
3/18/2020	Example: Walking my dog around the park.	45 minutes

## <u>Directions:</u> Show your CHARGER PRIDE! Write down what type of PUSH-UPS you did and how many! Keep building that muscular strength!

Date	PUSH-UPS (type and how many)		
	(regular push-ups, T-pushups, plank, walking, negatives, inch worm, diamonds, come up with your own style)		
3/18/2020	EXAMPLE: 5 Regular push-ups/ 2 sets of T-Pushups		

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