

TEACHER _____

CHASE PHYSICAL ACTIVITY LOG

NAME _____

Directions: 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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