

PPL10 FITNESS CONTRACT & WEEKLY ACTIVITY LOG

Monday,						Tuesday,					
Cardio Activity	Steps/Time			Est. Distance		Cardio Activity	Steps/Time			Est. Distance	
	Class Activit	Class Activity & Details									
Total Steps During Class:		Total Activ		:		Total Steps Total Active During Class: Time During Class:					
EFFORT	LEVEL:	0 1	2 3	3 4	5	EFFORT	LEVEL	0 1	2	3 4	5
Wednesday	,	Thursday,									
Cardio Activity	Steps/Time Est. Dista					Cardio Activity	Step	Steps/Time			<u>Distance</u>
Class Activity & Details						Class Activity & Details					
Total Steps During Class:	Total Active Time During Class:					Total Steps Total Active During Class: Time During Cla				s:	
EFFORT	LEVEL:	0 1	2 3	3 4	5	EFFORT	LEVEL	0 1	2	3 4	5
Friday,		Student Goal for the Week									
Cardio Activity	Steps/Time			Est. D	<u>istance</u>	<u>Cardio Steps</u>		Cardio Distance			
Class Activity & Details						Actual Total for the Week					
						<u>Cardio St</u>	Cardio Distance				
		TEACHER COMMENTS									
Total Steps During Class:											
EFFORT	LEVEL:	0 1	2 3	3 4	5						

