



# PPL10 FITNESS CONTRACT & WEEKLY ACTIVITY LOG

<b>Monday,</b>			<b>Tuesday,</b>		
<u>Cardio Activity</u>	<u>Steps/Time</u>	<u>Est. Distance</u>	<u>Cardio Activity</u>	<u>Steps/Time</u>	<u>Est. Distance</u>
<u>Class Activity &amp; Details</u>			<u>Class Activity &amp; Details</u>		
_____			_____		
_____			_____		
_____			_____		
_____			_____		
Total Steps During Class:		Total Active Time During Class:	Total Steps During Class:		Total Active Time During Class:
<b>EFFORT LEVEL: 0 1 2 3 4 5</b>			<b>EFFORT LEVEL: 0 1 2 3 4 5</b>		
<b>Wednesday,</b>			<b>Thursday,</b>		
<u>Cardio Activity</u>	<u>Steps/Time</u>	<u>Est. Distance</u>	<u>Cardio Activity</u>	<u>Steps/Time</u>	<u>Est. Distance</u>
<u>Class Activity &amp; Details</u>			<u>Class Activity &amp; Details</u>		
_____			_____		
_____			_____		
_____			_____		
_____			_____		
Total Steps During Class:		Total Active Time During Class:	Total Steps During Class:		Total Active Time During Class:
<b>EFFORT LEVEL: 0 1 2 3 4 5</b>			<b>EFFORT LEVEL: 0 1 2 3 4 5</b>		
<b>Friday,</b>			<b>Student Goal for the Week</b>		
<u>Cardio Activity</u>	<u>Steps/Time</u>	<u>Est. Distance</u>	<u>Cardio Steps</u>	<u>Cardio Distance</u>	
<u>Class Activity &amp; Details</u>			<b>Actual Total for the Week</b>		
_____			<u>Cardio Steps</u>	<u>Cardio Distance</u>	
_____			<b>TEACHER COMMENTS</b>		
_____			_____		
_____			_____		
Total Steps During Class:		Total Active Time During Class:	_____		
<b>EFFORT LEVEL: 0 1 2 3 4 5</b>					

