

Franklin High School - Physical Activity Log (PAL)

NAME: _____ Term/Year: _____ PE Teacher: _____

DIRECTIONS:

1. Using the legend below, fill in the bubble(s) for any activity you participated in for each day
2. Bubble in the total time spent participating in an activity for each day
3. In the last column, total the amount of time in activity for that week and have a parent/guardian initial your weekly activity
4. Goal: 5 days of activity, 40 mins. per day minimum, weekly total 200 mins.

1 = TEAM SPORTS: Basketball, Softball, Volleyball, Soccer, Hockey, etc.	3 = CARDIO/WEIGHT TRAINING: walking, biking, running
2 = INDIVIDUAL/DUAL SPORTS: Tennis, Badminton, Golf, Swimming, etc.	4= FRANKLIN PHYSICAL EDUCATION COURSE 1 OR 2

	TYPE OF ACTIVITY (See Legend)	TIME IN ACTIVITY (How Long)		
Week of:	Sunday	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/>	0-20 min <input type="radio"/> 21-40 min <input type="radio"/> 41+ min <input type="radio"/>	<u>WEEKLY TOTAL</u> 0-50 <input type="radio"/> 51-100 <input type="radio"/> 101-150 <input type="radio"/> 151-200 <input type="radio"/> 200+ <input type="radio"/> <u>P/G Initial:</u> _____
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Saturday 1 2 3 4 0-20 min 21-40 min 41+ min **P/G Initial:** _____

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