

Franklin High School Physical Education – Personal Activity Log (PAL)

As required by the waiver Franklin High School has in place to allow learning to occur on a modified 4 x 4-block schedule, students in 9th and 10th must track their physical activity.

Therefore, all 9th and 10th grade students must submit an **electronic** version of their physical activity time. The activity time should include time spent in Physical Education class and other outside school activities.

Students must submit an on-line version of their PAL one time this school year through Google Documents.

The electronic version of Google Doc's on Synergy will be open for one week, May 6th – 10th, 2019.

To prepare for the open on-line period students will keep a log for personal record keeping during the months of January to May (a log is provided below). Once the electronic version is open, data will be transferred from the hand written log to the Google Docs version.

The written chart is for your record keeping only; you will not submit any written log.

Instructions for completing the PE Personal Activity Log

- The Google Doc's form for completing your P.A.L. can only be filled out one time so you will need to keep track of your data on the log until the form is opened beginning May 6th.
- When the form is live you will have one week to complete your P.A.L.; final due date is May 10th, 2019.
- The Synergy PAL form live dates are May 6th – May 10th,
- If you are in P.E., you can record that class as your activity.

In order to track your fitness until the P.A.L. is open follow the instructions below:

1. Print the log sheet from below
2. Fill out the form each week
3. When the P.A.L. goes live May 6, 2019 transfer your log data to the online Synergy P.A.L. form

Franklin High School Personal Activity Log (P.A.L.)
 This log is for record keeping only, you will not turn this paper into school
 PE PAL's are only submitted online, May 6th – May 10th

Week of:	Activity:	Minutes:
September 17 th – September 21 st		
September 24 th – September 28 th		
October 1 st – October 5 th		
October 8 th – October 12 th		
October 15 th – October 19 th		
October 29 th – November 2 nd		
November 5 th – November 9 th		
November 12 th – November 16 th		
November 26 th – November 30 th		
December 3 rd – December 7 th		
December 10 th – December 14 th		
December 17 th – December 21 st		
January 7 th - January 11 th		
January 14 th – January 18		
January 21 st - January 25 th		
January 28 th – February 1 st		
February 4 th - February 8 th		
February 11 th – February 15 th		
February 18 th – February 22 nd		
February 25 th – March 1 st		
March 4 th – March 8 th		
March 11 th – March 15 th		
March 18 th – March 22 nd		
March 25 th – March 29 th		
April 1 st – April 5 th		
April 8 th – April 12 th		
April 15 th - April 19 th		
April 26 th – May 3 rd		