

Daily PE Log

Student Name: _____

Quarter: 1 2 3 4 SS

Date	W	CR	MS	ME	FL	CD	Time	Date	W	CR	MS	ME	FL	CD	Time
Week 1															
Example: 9-01-02	✓	Swim	Push-ups	Jog	Stretching	✓	1 hour	Week 6							
Week 2								Week 7							
Week 3								Week 8							
Week 4								Week 9							
Week 5															

W= Warm-up (✓) CR=Cardio-Respiratory MS=Muscular Strength ME=Muscular Endurance F=Flexibility CD=Cool-down (✓)

Directions: Post date & time daily. Write a check (✓) for warm-up & cool-down activity. For the other categories, write in the name of the exercise done.

- Jog
- Walk
- Swim
- Bike
- Aerobics
- Basketball
- Soccer
- Other

- Weights
- Push-ups
- Pull-ups
- Sit-ups
- Other

- Jog
- Swim
- Push-ups
- Pull-ups
- Sit-ups
- Calisthenics
- Other

- Stretching
- Other

Parent Signature

Date