



Physical Education Time Log

Date	Describe activity/exercise	Start/End Time	Initialed By
Monday / /			
Tuesday / /			
Wednesday / /			
Thursday / /			
Friday / /			
Saturday / /			
Sunday / /			
Please total your hours		Total	

Student _____

Workout Facility _____

Signature of Parent or Facility Manager _____

North Point Academy Teacher _____



Physical Education Journal

Date	Journal Entry
Monday / /	
Tuesday / /	
Wednesday / /	
Thursday / /	
Friday / /	
Saturday / /	
Sunday / /	