Directions: Chart the minutes that you participate in a physical activity outside of school.

- *Parents’/Coaches’* initials are **required** for each activity.
- **60** minutes of activity will be required for each day of make up needed.

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<thead>
<tr>
<th>Student Name:</th>
<th>Period:</th>
<th>Teacher:</th>
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<tbody>
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<td>Activity</td>
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</table>

**Possible Activities:**

**Team:**
- Basketball
- Baseball
- Football
- Handball
- Soccer
- Softball
- Volleyball, etc.

**Individual:**
- Aerobics
- Archery
- Bicycling
- Bowling
- Golf
- Hiking
- Martial Arts
- Skating
- Skiing
- Swimming
- Walking
- Racquet Sports
- Weight Lifting
- Running, etc.

**Alternative:**
- Skateboarding
- Frisbee
- Jump Roping
- Recreational Sports, etc.

Total Minutes