



PHYSICAL ACTIVITY LOG (PAL)

Required activities must be 30 min. or more in duration totaling 4 hours per week.

* Activities must be outside of school hours *

Name: _____

Grade: _____

WEEK 1

DATE	ACTIVITY	DURATION
Total Time =		

WEEK 2

DATE	ACTIVITY	DURATION
Total Time =		

WEEK 3

DATE	ACTIVITY	DURATION
Total Time =		

WEEK 4

DATE	ACTIVITY	DURATION
Total Time =		

Parent Signature (Required): _____ Monthly Total Time= _____

PAL is due at 8:30 a.m. in the student's homeroom on the last Friday of the month (or last Thursday if there is no school on Friday)