

Distance PE Weekly Log

Sr High PE must complete an average of one hour per day (7 hours).

Jr High must complete an average of 30 mins per day (3.5 hours)

NAME:

CLASS:

TEACHER:

WEEK OF:

	WARMUP?	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	TOTAL MINS	RPE	INITIALS
Monday	Y/N					L/M/V/ME	
Tuesday	Y/N					L/M/V/ME	
Wednesday	Y/N					L/M/V/ME	
Thursday	Y/N					L/M/V/ME	
Friday	Y/N					L/M/V/ME	
Saturday	Y/N					L/M/V/ME	
Sunday	Y/N					L/M/V/ME	

NOTES:



Warmup: Did you complete one? Yes or no
 RPE: Rate of Perceived Exertion. How much energy did you expend? Low? Moderate? Vigorous? Max Effort?