

Bulldogs W.A.G. (Walk Around Gang)

Fitness Log - Return on Monday

Student Name \_\_\_\_\_ Teacher Name \_\_\_\_\_

Date	Activity	Total Minutes
_____ Mon. _____		
_____ Tues. _____		
_____ Wed. _____		
_____ Thurs. _____		
_____ Fri. _____		
_____ Sat. _____		
_____ Sun. _____		

Parent's Signature \_\_\_\_\_

Total Minutes \_\_\_\_\_

Fitness Table: Each of the following done actively, equals one mile.

- \*30 Minutes on the Project Fit America Equipment "Jogging for 20 minutes
- \*Walking for 30 minutes
- \*100 sit ups
- \*100 push ups
- \*Swimming for 30 minutes
- \*Raking for 30 minutes
- \*Roller blading for 30 minutes
- \*Jumping Rope for 30 minutes
- \*Trampoline for 30 minutes
- \*Jumping Jacks for 30 minutes
- \*Dance Class for 30 minutes
- \*Skate Night - every 30 minutes of active skating

\*\*Check with Mrs. A for additional activities

\*\*\*Parents, please join your child in fitness activities for health, wellness and family time, although this year we are only looking at your child's miles.