



1301 West 100th Avenue
 Anchorage, AK 99515
 Phone: (907) 561-3802
 Fax: (907) 561-3813
 Email: info@newdirectioncenter.net
www.newdirectioncenter.net

New Direction Physical Education Log

Month: _____ Date: _____

Students must log a total of **60 HOURS per semester** in order to earn ½ credits in PE. This time can be broken up into increments of 20 minutes each.

P.E. LOGS ARE DUE AT THE END OF EACH MONTH FOR FULL CREDIT.

APPROVED ACTIVITIES: (20 minutes minimum)	Exercise Classes	Games or Organized Sports	Gymnastics	Pre Approval may be necessary for activities not listed.
---	------------------	---------------------------	------------	--

Activities Included This Month- Please circle all that apply:	Cardio/Endurance	Strength / Weight Training	Stretching / Flexibility
---	------------------	----------------------------	--------------------------

ACTIVITIES: *please specify type of activity and date below:*

Month/Year: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Hours for This Month _____ Student Name _____

Student Signature _____ Parent/Guardian Signature _____