

Name and Grade: \_\_\_\_\_

### March/April Exercise Log- Borculo PE

16 Jogged for ____ min _____ _____	17 Jogged for ____ min _____ _____	18 Jogged for ____ min _____ _____	19 Jogged for ____ min _____ _____	20 Jogged for ____ min _____ _____
23 Jogged for ____ min _____ _____	24 Jogged for ____ min _____ _____	25 Jogged for ____ min _____ _____	26 Jogged for ____ min _____ _____	27 Jogged for ____ min _____ _____
30 Jogged for ____ min _____ _____	31 Jogged for ____ min _____ _____	1 Jogged for ____ min _____ _____	2 Jogged for ____ min _____ _____	3 Jogged for ____ min _____ _____

## March/April Exercise Log- Borculo PE

This log is for recording your daily exercise during our extended time away from school.

- The first line is to record the number of minutes you spend jogging.
  - You can choose to:
    - Jog in place in your living room
    - Jog laps around your house
    - Jog at a park or trail
- The second two lines are to record the number of each exercise your choose to do
  - You will do the exercise you pick
    - 1 Minute Exercises
      - 4th-8th Grade
        - Push-ups
        - Sit-ups
        - Jump Squats
        - Tricep Dips
        - Mountain Climbers
        - Bicep Push-ups
        - Step-Ups
        - Something you come up with
      - K-3rd Grade
        - Push-ups
        - Sit-ups
        - I'm a Star
        - Jumping Jacks
        - Something you come up with
    - Exercises that you do while timing yourself to see how long you can go
      - 4th-8th Grade
        - Planks
        - Flutter Kicks