



Redlands Unified School District

Independent Study – Physical Education – Daily Activity Log

Grading Period (Circle one) 1st Quarter 2nd Quarter 3rd Quarter 4th Quarter

Student Name: _____ School: _____

**A minimum of 10 hours per week in daily physical activities is required.
Per semester, 18 weeks of activity, totaling 180 hours, must be completed for credit.**

<p>Week of: _____</p> <p>Day 1: _____ Hrs: _____</p> <p>Day 2: _____ Hrs: _____</p> <p>Day 3: _____ Hrs: _____</p> <p>Day 4: _____ Hrs: _____</p> <p>Day 5: _____ Hrs: _____</p> <p>Day 6: _____ Hrs: _____</p> <p>Day 7: _____ Hrs: _____</p>	<p>Total hours for the week:</p>
<p>Week of: _____</p> <p>Day 1: _____ Hrs: _____</p> <p>Day 2: _____ Hrs: _____</p> <p>Day 3: _____ Hrs: _____</p> <p>Day 4: _____ Hrs: _____</p> <p>Day 5: _____ Hrs: _____</p> <p>Day 6: _____ Hrs: _____</p> <p>Day 7: _____ Hrs: _____</p>	<p>Total hours for the week:</p>
<p>Week of: _____</p> <p>Day 1: _____ Hrs: _____</p> <p>Day 2: _____ Hrs: _____</p> <p>Day 3: _____ Hrs: _____</p> <p>Day 4: _____ Hrs: _____</p> <p>Day 5: _____ Hrs: _____</p> <p>Day 6: _____ Hrs: _____</p> <p>Day 7: _____ Hrs: _____</p>	<p>Total hours for the week:</p>

Coach/Instructor Signature _____ Date: _____