



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, totalling 180 hours, must be completed for credit.**

Week of: _____		Total Hours for the Week:
Day 1: _____ Hrs: _____		
Day 2: _____ Hrs: _____		
Day 3: _____ Hrs: _____		
Day 4: _____ Hrs: _____		
Day 5: _____ Hrs: _____		
Day 6: _____ Hrs: _____		
Day 7: _____ Hrs: _____		
Week of: _____		Total Hours for the Week:
Day 1: _____ Hrs: _____		
Day 2: _____ Hrs: _____		
Day 3: _____ Hrs: _____		
Day 4: _____ Hrs: _____		
Day 5: _____ Hrs: _____		
Day 6: _____ Hrs: _____		
Day 7: _____ Hrs: _____		
Week of: _____		Total Hours for the Week:
Day 1: _____ Hrs: _____		
Day 2: _____ Hrs: _____		
Day 3: _____ Hrs: _____		
Day 4: _____ Hrs: _____		
Day 5: _____ Hrs: _____		
Day 6: _____ Hrs: _____		
Day 7: _____ Hrs: _____		

Coach/Instructor Signature _____ Date: _____

White: Director of Secondary Education
Rev: April 18

Yellow: Student/Parent/Guardian

Pink: Coach/Instructor