Linden Meadows Active Living Log

The Active Living Log is something you will fill out each term. It will be 15% of your overall Phys. Ed. mark. It is YOUR job to fill it out and hand it back in by the due date, which will be posted on the PE bulletin board and mentioned in class. If there is NOT a parent signature, it will not be accepted. Quotation marks are not allowed to be used to "repeat" activities if they are done throughout the week.

| Due | Date: | | | |
|-----|-------|--|--|--|
| Duc | Date. | | | |

| Date | Activity | Time | Туре |
|------------------------|--|--------------------|--|
| Cont 20th | Desiration II Warm up Desiration | Minutes | (ME, MS, Cardio, Flexibility) |
| Sept. 29 th | Basketball Warm-up, Basketball Practice, Biking | 90 mins 20 mins | Muscular Endurance, Cardio & Flexibility |
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| Date | Activity | Time Minutes | Type (ME, MS, Cardio, Flexibility) |
|------|----------|------------------------|--|
| | | Millures | (ME, MO, edi dio, Hexibility) |
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Parent/Guardian Signature