Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block \_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_

**Fitness Homework Tracking Sheet**

**Directions:** All students must complete five of the six categories during the week. List the category letter and the date you did each activity. You must also describe the activity you completed. If parent(s) do the activity with your student please check the box for extra credit. Parent must sign for credit.

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| **Date** | **Category** | **Activity** | **Parent Signature** |
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**Keep this in your physical education notebooks**

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| **Fitness Homework** | **F**  **Team Sports** | **Basketball Team** | | **Volleyball Team** | | | **Soccer Team** | | | **Hockey Team** | | | **Football Team** | | | **Baseball Team** | | **Softball Team** | | | **Any other team sport you are involved in** | |
| **E**  **Recreational Activities** | **Walking the dog** | **Activities outside with friends** | | | **Chores** | **Kayaking** | | **Skate boarding** | | **Fishing** | | | **Skating** | | **Playing Catch** | **Activities with the Family** | | **Hiking** | | | **Outside Activities** |
| **D**  **Flexibility Activities** | **Stretching for 30 min** | | | | | | | **Pilates for 30 min** | | | | | | | | **Yoga for 30 min** | | | | | |
| **C**  **Muscular Endurance Activities** | **Ab workout for 30 min** | | **Jump Rope for 30 min** | | | **Push-ups routine with multiple sets** | | | **Bike for 30 min** | | | **Plyometric for 30 min** | | | **Lunges for 30 min** | | **Squats for 30 min** | | | **Dips for 30 min** | |
| **B**  **Muscular Strength Activities** | **Push-ups** | | **Pull-ups** | | | **Sit-ups** | | | **Weights Training** | | | **Lunges with weights** | | | **Squats with weights** | | **Adding weights to most activities** | | | **Dips** | |
| **A**  **Cardiovascular Activities** | **Jogging for 30 min** | | | **Jump Rope for 30 min** | | | **Walk for 30 min** | | | | **Bike for 30 min** | | | **Plyometric for 30 min** | | **Jumping up and down for 30 min** | | | **Most movement activities lasting for 30 min** | | |