**Bi-weekly Fitness Form – MAKE UP**

Each week students will be required to log 2 hours of exercise or activity. Students will turn in the bi-weekly fitness form every two weeks totaling 4 hours of activity. Students will also be required to detail two of the exercises or activities they participated in during the two weeks, how long they performed the activity and how it was beneficial for their fitness. Lastly, students will be asked to set a goal for the upcoming two weeks of some sort of activity they want to do.

Email me if you have any questions.

Mr. Anderson

1. Enter your Name:
2. Enter your class period:
3. How many minutes did you perform fitness activities or exercises?
   1. <180 minutes
   2. 180-240 minutes
   3. >240 minutes
4. Please describe two activities you performed the past two weeks, how long you performed them, and how they were beneficial for your health/fitness.
5. Provide one exercise/fitness activity that you will try to perform the next two weeks.