



Dear Students and Family members,

The physical education team at our school is working with resources to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time students must be physically active for 30 minutes each day. Use this physical activity log to record your activity time. In addition, students are to fill out the Food Diary each day.

Students, at the end of each day ask a family member to sign next to the day's total activity and food diary. Then, return the finished logs to your physical education teacher when school is back in session.

Thank you,

Ashley Ridge PE Staff