Dear Students and Family members,

In order to meet physical education goals during this time students must be physically active for 30 minutes each day. Use the physical fitness activity log to record your activity and time (at least 30 minutes a day). The April daily Calendar is to be added to your daily workout fitness log or recorded in a notebook if it is not an activity. In addition, students are to fill out the Food Diary each day for the month of April.

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 electronically on the assignment due date.

Due dates: March 27th, April 10th and April 30th.

Thank you,

Ashley Ridge PE Staff