



# FITNESS LOG

Color in each section along the path to Raging Waves for each 30 minutes of exercise that you complete.

What types of exercise did you do?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student's name \_\_\_\_\_

Grade \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Please return this completed log to your teacher by Monday, April 15th, 2013.