

Name \_\_\_\_\_ Team Name \_\_\_\_\_

**Environmental/Community Service Log Sheet**

Organization \_\_\_\_\_

	Date(s)	Total Hours	Activity	Parent Initials	Teachers Initials
Week 1 (Sept. 25-Oct. 1)					
Week 2 (Oct. 2-8)					
Week 3 (Oct. 9-15)					
Week 4 (Oct. 16-22)					

**10 hours need to be completed one week before to event. Don't wait until the last minute!**

**Fitness Log Sheet**

Suggested Minimum Training	Time	Distance	Fitness Activity	Parent Initials	Teachers Initials
Week 1 (Sept. 25-Oct. 1) Canoe 30 minutes, Jog 2 miles					
Week 2 (Oct. 2-8) Jog 2 miles Bike 3 miles					
Week 3 (Oct. 9-15) Bike 4 miles, Rollerblade 2 miles					
<b>Physicals are due by now</b>					
Week 4 (Oct. 16-22) Rollerblade 4 miles, Jog 3 miles					
Week 5 (Oct.23-25) Jog a 5k (3.1 miles), Bike 3, Blade 2					

- Four Characteristics of Success:**
- Willingness to Risk
  - Committed to Integrity
  - Determined to Stand
  - Sense of Passion

**\* This sheet is to be brought back to P.E. every Monday to be checked off. Anything turned in Tuesday once homeroom starts is grounds for dismissal.**