

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

**Environmental/Community Service Log Sheet**

Organization \_\_\_\_\_

	Date(s)	Total Hours	Activity	Parent Initials	Teachers Initials
Week 1 (Sept. 12-18)					
Week 2 (Sept. 19-25)					
Week 3 (Sept. 26-Oct. 2)					
Week 5 (Oct 3-9)					
Week 6 (Oct. 10-16)					

**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. 12-18) Rollerblade 1 mile, Jog 1 mile					
<b>Registration on 8to18.com &amp; physicals are due by now</b>					
Week 2 (Sept. 19-25) Canoe 30 minutes, Jog 2 miles					
Week 3 (Sept. 26-Oct.2) Jog 2 miles Bike 3 miles					
Week 4 (Oct 3-9) Bike 4 miles, Rollerblade 2 miles					
Week 5 (Oct. 10-16) Rollerblade 4 miles, Jog 3 miles					
Week 6 (Oct. 17-20) 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.**