

AZALEA PE DEPARTMENT MAKE UP WORK HOME EXERCISE RECORD

Student's Name _____

Teacher's Name _____ Period _____

Days you are making up _____

Directions: Do one workout for each day you have to make up. If you miss a fitness day you must do a fitness workout.

***Take a resting pulse rate before beginning and take an "after exercise" pulse rate. Count for 6 seconds and multiply by 10 or just add a zero.

***Do a 5-10 minute warm up which at least includes stretching, crunches, and push ups.

***Do an activity for 20-30 minutes. Example: basketball, running, etc.

***Record what you did in the spaces provided below.

***Have a parent sign to verify that the work was completed.

Date	Resting Pulse	Warm Up	Type of Exercise	# of Min. Exercising	Pulse After Exercise	Parent Signature

Please note: You have two days to every day you are absent to turn in your make up work to receive credit. You must complete ALL categories to receive credit.