PHYSICAL ACTIVITY LOG (PAL) Grades 3-8

Required activities must be 30 min. or more in duration totaling 4 hours per week. **Activities must be outside of school hours.
PAL log is due at 8:30 a.m. in student's homeroom on the last Friday of the month (or last Thursday of no school Friday)

Name:_____ Grade:_____

WEEK 1

DATE	ACTIVITY	DURATION
	Total Time=	

WEEK 2

DATE	ACTIVITY	DURATION
	Total Time=	

WEEK 3

DATE	ACTIVITY	DURATION
	Total Time=	

WEEK 4

DATE	ACTIVITY	DURATION
	Total Time=	

WEEK 5 (if there is one)

DATE	ACTIVITY	DURATION
	Total Time=	

Parent Signature (Required) :_____ Monthly Total Time: _____

****Due at 8:30a.m. in student's Homeroom on the last Friday of every month.** (or last Thursday of no school Friday)