

MAKE-UP WORK FOR FITNESS

Mrs. Blizard

This assignment is to be made up at home. You have one week to make up the day absent. Return this paper completed and signed to Mrs. Blizard

NAME \_\_\_\_\_ PERIOD \_\_\_\_ DATE \_\_\_\_\_

Fill in the information below, sign and return it to Mrs. Blizard. **30 min of aerobic activity = one day absent.** Examples include but are not limited to: swimming, running, biking, skateboarding, and hiking. Activity must be 30 min of CONTINUOUS exercise.

DATE	BEGINNING Heart rate	AEROBIC ACTIVITY	MINUTES	ACTIVITY Heart rate	

Note - be sure to cool down and stretch after your workout.

(Parent signature)

(Student signature)

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