

## Fitness Log Instructions

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At least **fifty hours** must be logged in the Fitness log in order to complete the credit.

I, **(student name)** \_\_\_\_\_ verify that the activities and times I have recorded on my Fitness Log are accurate. I have also discussed this information with my teacher. I understand that my instructor may contact me or my parent/guardian at anytime for further discussion about my fitness log.

**Student Signature:** \_\_\_\_\_

