| **Student Name:** |  | **Grade:** |  |
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| **LP:** |  | **Dates:** |  | **-** |  |

|  | **Date** | **Activity** | **Skill Practiced** | **Time** |
| --- | --- | --- | --- | --- |
| **Example:** | 8/28/07 | Swimming | Butterfly stroke | 30 min. |
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|  |  |  |  **TOTAL TIME:** |  |

 **\*\*\*GOAL: Gr. K-5 (400 minutes/month) Gr. 6-12 (800 minutes/month)**

 **20 minutes/day 40 minutes/day**

**What was your favorite activity this month and why?**

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**How have your skills and/or physical endurance improved this month?**

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**List your P.E. goals for next month:**

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