

CAREER-LIFE CONNECTIONS 12



Name _____

FITNESS LOG - BLUE SHEET

FKSS Advisor: _____

Grade: _____ Semester: 1
2

The following options qualify – Please check the appropriate box

Log A

- PE 11 or PE 12
- Dance 11 or Dance 12
- School Team
- Community Team

Log B

Any other activity
(ask at career centre for details)

Log A (to be completed by the student and signed by teacher/coach)

Activity: _____	
150 Minutes per week minimum: <input type="checkbox"/>	Date: _____
Contact Person: _____	Position: _____
Phone Number: _____	Email: _____
Signature of Contact Person (teacher/coach) Verifying Activity: _____	

(**If unable to get signature, please attach evidence indicating completion; i.e. report card, team photo, etc.)

Log B

→ All students using Log B must complete the chart on the back of this page. ←

DO NOT USE – FOR OFFICE USE ONLY

Advisor Signature: _____ Date: _____

Remember to submit for marking

Data entered into student records:

Name: _____

Month:	Week 1	Week 2	Week 3	Week 4	Week 5
Activity	Minutes	Activity	Minutes	Activity	Minutes

Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min

Month:	Week 1	Week 2	Week 3	Week 4	Week 5
Activity	Minutes	Activity	Minutes	Activity	Minutes

Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min Target 150 min Actual min

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