Zero Hour Weights – Mr. Johnson Name:_________________________

Date	Activity	Duration	Notes	Teacher Signature

Fitness Log: Each student will be required to attain 45-50 minutes of physical activity each day. Your fitness log can be filled out with an array of ideas. I will list ideas below to help attain your fitness levels.

- Running, Jogging Walking (Basic Fitness)
- Push Ups, Sit-Ups, Pull-Ups, Body Weight Squats (Fitness without needing weight equipment)
- Fitness Videos (Watching work-out videos/use Wi-Fi to follow work-out program/routine)
- Play Basketball, Soccer, Volleyball (Any outdoor sporting activity)
- Mowing Lawns, Cutting/Stacking Wood, Farming, Gardening (Physical labor will be acceptable)
  - Extra Credit (Exercise more than required, Help a grandparent or neighbor mow etc.)