For every day of PE that you miss you need to do one hour of physical activity.

Then have your parent or guardian verify your time and sign this slip. This must be done with- in two weeks of an excused absence.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_

What activity did you do?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(For example: Did you jog? walk? Play a sport? Lift weights? Help with yard work? Skateboard?)

How long? \_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent/guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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