LPSD's "THE GREAT ACTIVITY CHALLENGE"

Physical Activity Log Sheet Name:_____

Class/School:_____

Fill out your Log Sheet every time you complete at least 15 minutes of physical activity outside of school hours between May 25th to June 16th. Hand in to your teacher by June 17th (no later) to be entered for a chance to win a $50 gift card from Sport Check (one prize drawn per school)!

DATE	DESCRIPTION OF ACTIVITY (ex. Running, walking, biking, dancing, sports, etc)	DURATION (minimum 15 min)

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