

## Participation Make-up Form

Purpose:

- a. To earn points for day(s) you were absent or could not participate due to illness or injury.
- b. To establish or maintain a regular program of fitness for a healthy life.

Procedure:

- a. Fill out this form completely and be sure to include your parent signature and dates of absences.
- b. You have 1 week from the date of absence or non-participation to complete your activity & worksheet.
- c. If you sat out of P.E. you must bring a note from a parent or doctor by the next day to be permitted to make-up your points.

### EXERCISE CHOICES

(to be done outside of the school day)

**\*Check the exercise you did for at least 30 minutes**

Aerobic End.	Musc. Strength	Musc. Endurance	Flex
<input type="checkbox"/> Running	<input type="checkbox"/> Weight Lifting	<input type="checkbox"/> Sit-ups	<input type="checkbox"/> Yoga
<input type="checkbox"/> Biking		<input type="checkbox"/> Push-ups	<input type="checkbox"/> Pilates
<input type="checkbox"/> Swimming		<input type="checkbox"/> Pullups	
<input type="checkbox"/> Aerobics		<input type="checkbox"/> Ab tone	
		<input type="checkbox"/> Dips	
		<input type="checkbox"/> Tai Chi	
<input type="checkbox"/> Other _____			

**Name Printed:** \_\_\_\_\_ **Period:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Record the Days Absent or Missed Participation (up to 2 days on this sheet):**

**Date and day:** \_\_\_\_\_ **Date and day:** \_\_\_\_\_