

**PHYSICAL EDUCATION-PE MAKE UPS**

**NOTE: If you miss more than 2 classes per unit you will lose points towards your final grade unless you make it up.**

**WEIGHT ROOM CREDIT**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. Name the activity or exercises that you did?

2. How long did you exercise or how many did you do? (Be specific)

3. What category of fitness does this workout fall under? (List all that apply)

A. Cardio respiratory      B. Muscular Endurance

C. Muscular Strength      D. Flexibility

\_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Weight Room Supervisor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**SCORE:** \_\_\_\_\_