

Name: \_\_\_\_\_

SLP Advisor initials: \_\_\_\_\_

# Monthly Fitness Log

Month: \_\_\_\_\_ from the 16<sup>th</sup>-15<sup>th</sup>

In each box, please list the **date**, **activity** you completed, and the **time** spent on that activity.

	Sunday	Monday	Tuesday	Weds.	Thursday	Friday	Saturday
Week 1	—	—	—	—	—	—	—
Week 2	—	—	—	—	—	—	—
Week 3	—	—	—	—	—	—	—
Week 4	—	—	—	—	—	—	—
Week 5	—	—	—	—	—	—	—

**Monthly Fitness Test** – this **MUST** be completed once a month to be considered satisfactory

\_\_\_\_ (# of push-ups completed without stopping)

\_\_\_\_ (# of sit-ups completed in 1 min.)

\_\_\_\_ (1 mile run time)

Parent signature: \_\_\_\_\_

## Important Dates for 30-Day Reviews 2016-17

### SEPTEMBER

Log dates: September 8th – September 19th

Submit reviews by: September 19th

**Advisory Class: Tuesday, September 20th**

### OCTOBER

Log dates: September 20th – October 17th

Submit reviews by: October 17th

**Advisory Class: Tuesday, October 18th**

### NOVEMBER

Log dates: October 18th – November 14th

Submit reviews by: November 14th

**Advisory Class: Tuesday, November 15th**

### DECEMBER

Log dates: November 15th – December 14th

Submit reviews by: December 14th

**Advisory Class: Thursday, December 15th**

### JANUARY

Log dates: December 15th – January 16th

Submit reviews by: January 16th

**Advisory Class: Tuesday, January 17th**

### FEBRUARY

Log dates: January 17th – February 15th

Submit reviews by: February 15th

**Advisory Class: Thursday, February 16th**

### MARCH

Log dates: February 16th – March 15th

Submit reviews by: March 15th

**Advisory Class: Thursday, March 16th**

### APRIL

Log dates: March 16th – April 17th

Submit reviews by: April 17th

**Advisory Class: Tuesday, April 18th**

### MAY

Log dates: April 18th – May 15th

Submit reviews by: May 15th

**Advisory Class: Tuesday, May 16th**

### JUNE

**No Advisory Class**