

Name Sample Student Period 0 Week of Apr. 6 - 10

Grading Summary

A 45-60 minutes/1hour [225-300 min/ 5hrs weekly]

B 30-45 minutes [150-225 min weekly]

C 15-30 minutes [75-150 min weekly]

D 0-15 minutes [0-75 min weekly]

F No Report/Submission

Day	Activity1 (Time)	Activity 2 (Time)	Activity 3 (Time)	Activity 4 (Time)	Total Time
Monday	Push ups challenge 3 sets of 5 repetitions (10 minutes)	Stretch (15min)	Jogged around my house (20min)	Mountain Climbers 5 sets 1 minute each set 2min rest each (15min)	1 hour (60min)
Tuesday	Stretch (10)	Champions Video (25)	Walked around my neighborhood (25)		1hr (60)
Wednesday	In-home jog (10)	Stretch (10)	Jumping Jacks 3sets/25reps (10)	Played outdoors (30)	1hr (60)
Thursday	Jumping Jacks 1set/25reps (5)	Stretch (10)	Champions Video (25)	Wall sits 2 sets/1min each (10)	50min (50)
Friday	Stretch (10)	Champions Video (25)	Worked Outdoors (yard work) (60)		1hr 35min (95)
Total					5 hrs 25min Total Time Or (325min)