

Tatum High Off-Season Athletics Workout Log

Students: **Successful completion of your Off-Season Athletics class is required as part of your overall completion of the 2019-2020 school year.** Your overall goal is to remain active and get at least 60 to 90 minutes of strength and movement related exercise, play or work each week. **Please keep in mind the safe practices involved with reducing the spread of COVID-19 while staying active.**

How do you do Off-Season Athletics class online???? It's easy...just follow these steps:

1. Create your own Workout Log. It can be either a Word document an Excel type spreadsheet, or simply a handwritten version of your own on paper.
2. If you use Word or a spreadsheet, save it to your computer and title it something you will not forget, like "Your Name – Workout Log" or something like that. If you are writing it by hand, just remember where you put it 😊
3. Each time you exercise, are active in any way, work or play you simply add an entry in whichever Workout Log you are using (Word, Spreadsheet, Hand Written) and write out the date, the amount of time spent and what the activity was that you did. Here are some examples:

4/6	Work involved lifting and movement	1 hour
4/7	Lifted with my home weight set (Or Threw or caught the football)	30 mins
4/9	Jumped rope or did agility drills	15 mins
4/10	Did 50 crunches and 50 pushups	15 mins
Weekly Total:		2 hours

It's that simple. It does not need to be fancy at all! You can literally list ANY activity that gets you moving and/or moving - either exercise, work or play. You need to get at least 1-2 hour of activity recorded per week. You DO NOT need to list an activity every single day either. **You will turn in your Workout Log for grading (pass or fail only) on these two dates only:**

Monday, April 20th (2 weeks of activity, 2-4 hours total time in your log)

Monday, May 11th. (3 weeks of activity, 3-6 hours total time in your log)

Stay tuned for more information about HOW to turn in your Weight Training Log (it's easy!).