

# **Frequently Asked Questions about Fitness Journals.**

## **What is a fitness journal used for?**

A fitness journal is used to make up for any day a student is absent from PE. Students earn a maximum of 25 points every time they come to PE. However, they only earn 12.5 points if they are absent from class.

## **Are they required?**

No, Fitness Journals are not required. They are *highly recommended* as students never know when they might be absent. Better to have a fitness journal turned in than to not have one turned in - we tell our students to think of it like insurance.

## **Can you use them to make up for a lower grade due to in class behavior?**

Fitness Journals are not able to be used to correct a grade that has been lowered due to in-class behavior.

## **When are Fitness Journals due?**

Fitness Journals are due before the end of each quarter. The due date is printed on the bottom of the front page.

## **How many Fitness Journals can I turn in?**

Students can turn in one Fitness Journal per quarter of the school year. A Fitness Journal that is fully completed can cover up to 10 student absences. Students must complete at least 5 entries prior to turning it in.

## **Do Fitness Journals from one quarter carry forward to another?**

Fitness journals *do not* carry into the next quarter. For example, absences in the second quarter would not be covered by a first quarter journal.

## **Where can my child get a Fitness Journal?**

Fitness Journals are located on our PE office door in the gym at Drum, or right here on our website!

**What type of activities am I able to use on my Fitness Journal?**

We encourage, what are commonly referred to as, cardio-respiratory fitness activities (aerobic activity). Suggested activities are included on the back of the Fitness Journal.

**Am I able to turn in a Fitness Journal even if I never miss a class?**

Yes, you do not have to be absent in order to turn in a Fitness Journal. In fact, we encourage students to always turn in a Fitness Journal so that they have one turned in IF they are ever absent or miss class for any reason.

**As a parent/guardian, what is required of me?**

Parents and guardians are asked to initial and sign fitness journals before they are turned in. Please initial the column on the right after each entry, and then sign the bottom of the page once all entries have been completed. Journals that are not signed by a parent/guardian will not be accepted.

**What happens after they are turned in?**

After fitness journals are turned in, we will go back into the gradebook and credit students their points back (12.5 points to 25 points). Please understand that this can take us a little while as we get a lot of these turned in. However, we can assure you that fitness journals that are turned in before the deadline will be entered before grades close each quarter.

**What if I have further questions about Fitness Journals?**

You may contact Mr. Skinner or Mr. Fisher by phone or email. 253-566-5660.

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