

Fairview High School Wellness Log **NAME:**

Anticipated hours with signatures are due to the guidance office for approval before any hours will be counted towards your 80 hours needed.

ANTICIPATED HOURS

SPORT: 20 hours per sport	Anticipated Hours
Sport 1:	
Signature: _____ Date: _____	
Sport 2:	
Signature: _____ Date: _____	
Sport 3:	
Signature: _____ Date: _____	

Students can earn an additional 20 hours for physical activity associated with a sport they are playing. This activity must be above and beyond practice and games. It can include: off season tournaments, pre-season workouts, weight training, etc.. This activity must be authorized and signed off by a coach or trainer.

List the Activity	Anticipated Hours
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	

If a student is not participating in a sport or is only in 1 or 2 sports, they can reach the 80 hour requirement by participating in a wide variety of activities. Students must list these activities below and have a signature of a professional who is monitoring the activity. A parent or family member may not sign on behalf of the student. Please use an additional sheet if necessary. Anticipated hours must be planned and signed off on before activity should begin.

List the Activity	Anticipated Hours
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	
Activity:	
Signature: _____ Date: _____	

TOTAL ANTICIPATED HOURS: _____

Counselor Approval: _____

Date: _____

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This side of the form is for tracking the completion of actual hours. Students must keep track of their own forms, but may submit a form for photocopying and safe keeping to the guidance office at any time.

ACTUAL HOURS

SPORT: 20 hours per sport	Hours
Sport 1:	
Signature: _____ Date: _____	
Sport 2:	
Signature: _____ Date: _____	
Sport 3:	
Signature: _____ Date: _____	

Students can earn an additional 20 hours for physical activity associated with a sport they are playing. This activity must be above and beyond practice and games. It can include: off season tournaments, pre-season workouts, weight training, etc.. This activity must be authorized and signed off by a coach or trainer.

List the Activity	Hours
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	

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List the Activity	Hours
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	
Activity: _____ Date: _____	
Signature: _____ Date: _____	

TOTAL COMPLETED HOURS: _____

Counselor Approval: _____

Date: _____