

**HEALTH** First and Last Name: \_\_\_\_\_ Hr \_\_\_\_\_  
Make Up Work-Phy. Ed.

**Day #1** \_\_\_\_\_ Date: \_\_\_\_\_

Write **exactly** what you will do for the make up work.

**Cardio Warm Up 3-5 minutes:** \_\_\_\_\_

(jogging, biking, jump rope, etc.)

**One Upper Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(examples: push ups- biceps curls/tricep kickbacks 3x8)

**One Lower Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(alternating lunges, squats, "frog" jumps, etc. 15-20x)

**Stretches:** (triceps-hip flexors-hamstrings- Achilles) 30 seconds each stretch. Completed Yes or No

**Activity or Activities ( 20 min.):** \_\_\_\_\_

(jogging, continuous basketball game, aerobic tape, fast walking, etc.)

**Parent Signature of Completion of Goals:** \_\_\_\_\_

**Day #2** \_\_\_\_\_ Date: \_\_\_\_\_

Write **exactly** what you will do for the make up work.

**Cardio Warm Up 3-5 minutes:** \_\_\_\_\_

(jogging, biking, jump rope, etc.)

**One Upper Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(examples: push ups- biceps curls/tricep kickbacks 3x8)

**One Lower Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(alternating lunges, squats, "frog" jumps, etc. 15-20x)

**Stretches:** (triceps-hip flexors-hamstrings- achilles) 30 seconds each stretch. Completed Yes or No

**Activity or Activities ( 20 min.):** \_\_\_\_\_

(jogging, continuous basketball game, aerobic tape, fast walking, etc.)

**Parent Signature of Completion of Goals:** \_\_\_\_\_

**Day #3** \_\_\_\_\_ Date: \_\_\_\_\_

Write **exactly** what you will do for the make up work.

**Cardio Warm Up 3-5 minutes:** \_\_\_\_\_

(jogging, biking, jump rope, etc.)

**One Upper Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(examples: push ups- biceps curls/tricep kickbacks 3x8)

**One Lower Body Strength:** \_\_\_\_\_ **How many:** \_\_\_\_\_

(alternating lunges, squats, "frog" jumps, etc. 15-20x)

**Stretches:** (triceps-hip flexors-hamstrings- achilles) 30 seconds each stretch. Completed Yes or No

**Activity or Activities ( 20 min.):** \_\_\_\_\_

(jogging, continuous basketball game, aerobic tape, fast walking, etc.)

**Parent Signature of Completion of Goals:** \_\_\_\_\_