

Coach Stanley's Make-Up Sheet

To make up your 8 daily points missed in class due to an absence from class or lost points or doctor and parent excuse not to dress or participate, you will need to participate in two of the exercises listed below. Required activities such as walking or biking to school, physical education class, and participation in sports activities inside or out of school **do not** count. Please fill out the bottom of this page, and have your parent/guardian verify your make-up activity by signing below.

Some possible activities are listed below:

- 30 min. of jogging
- 30 min. of aerobics
- 250 push-ups
- 1 hour of swimming
- 1 hour of basketball
- 500 sit-ups
- 18 holes of golf (walking)
- 1 hour of biking
- 1 hr. of walking
- 1 hour of weight lifting
- 30 min. on treadmill
- 20 min. jumping rope

An activity you pass off with me first: _____.

Name: _____ Class: _____

Date Absent: _____ Make-up Date: _____

Date Absent: _____ Make-up Date: _____

Date Absent: _____ Make-up Date: _____

Parent/Guardian Signature _____