

# Wellness Homework

Student \_\_\_\_\_ Teacher \_\_\_\_\_ Class Period \_\_\_\_\_

\*\*\*One absence = 30 minutes of physical activity done outside of the school day. Please return this form, with your parent/guardian's signature, to earn your 5 daily points.\*\*\*

| Activity | Date | Time/Minutes |
|----------|------|--------------|
|          |      |              |
|          |      |              |
|          |      |              |
|          |      |              |
|          |      |              |
|          |      |              |
|          |      |              |

How did this/these activities benefit you physically?

---

---

---

Parent/Guardian Signature \_\_\_\_\_

## Suggested Activities

Team sports   Walking   Jogging  
Skiing/Snowboarding   Wakeboarding  
Swimming   Classes (dance, martial arts, etc.)  
LaCrosse   Yardwork   Walking the dog  
Yoga   Pilates   Riding Bike  
Golf   Tennis   Skateboarding

## Benefits of Physical Activity

Improved Cardiovascular Endurance  
Improved Body image/appearance  
Improved muscular strength  
Stress Reliever  
Improved flexibility/injury prevention  
Better Sleep