

NAME: _____

FT Physical Education Makeup Journal

Coach Bingesser- 2023-24

If you miss a PE class for an illness, appointment or vacation, please complete this PE Journal and turn in to Coach Bingesser to receive credit for the day/s you missed. It will be due one week from the time you return to PE class. You may print and hand me a hard copy of the completed Journal or send it to me electronically. If you miss multiple days in a row, you can use one form for the makeup.

Pushups - Record number of consecutive push-ups you can do correctly:

Sit-ups - Record number of consecutive sit-ups you can do correctly:

Line Jumps - Record number of line jumps you can do in 30 seconds:

Plank - Record how many seconds you can hold plank position:

Burpees - Complete 10-20 consecutive burpees and record number completed: