P. O. Box 5125
Lakeland, FL 33807
Phone: (863) 686-7755
Fax: (863) 248-4128
Email: admin@fofcai.com

Personal Fitness Log for_____**School Year**_____

Activities that count for PE

Walking, Running, Swimming, Bike Riding, Skating, Team Sports, Weight Lifting, Cardio, Yoga, Gymnastics, Aerobics, Golf, Tennis, ect.

68 hours = .5 credit 135 hours = 1 credit

Date	Activity/Hours	Date	Activity/Hours

Families of Faith
Christian Academy
International

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Date	Activity/Hours	Date	Activity/Hours