

# Workout Coupon

*Physical Education*



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date absent: \_\_\_\_\_

Time: \_\_\_\_\_

PE Teacher: \_\_\_\_\_

Hour: \_\_\_\_\_

\_\_\_\_\_ 30 minute workout

\_\_\_\_\_ 2 super circuits

\_\_\_\_\_ 30 minute cardiovascular

\_\_\_\_\_ 5 miles Aerodyne Bike

\_\_\_\_\_ Other – describe: \_\_\_\_\_

Fitness Center Supervisor: \_\_\_\_\_

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