Choice Day Form

Friday Choice Day. Each Friday you will be given four options for an at home physical activity. To receive your four points for this assignment:

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| Activity: Select your activity from the four choices. Circle the one that you complete  |
| Complete the activity. |
| Write down some comments about the activity that you just performed. One or two sentences maximum. |
| Have your parent/guardian sign here to verify activity: |
| Take a picture of this assignment or save the document. Send it to your teacher. |
| Submit this form or picture to your teacher on Seesaw. |