

**Alternative Assignment**  
**Family and Community Fitness Report**

**Directions:**

- Plan and participate in different physical activities with family or community members.
- You must participate in five (5) different activities for a minimum total of 540 minutes (9 hours).
- Write a brief summary of each activity, including:
  - Type of activity
  - Length of activity
  - Site of activity
  - Approximate number of people involved
- Write a paper describing two (2) physical and two (2) social benefits of engaging in physical activity with other people.
- Project must be turned in with parent/guardian's signature

Example Activities: Bike riding, swimming, dog walking, or team activities

\*Keep in mind these activities should be done **with** family members or other community members.

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Parent/Guardian Signature