Personal Fitness Course Hour Documentation
30 Hour Requirement for ½ unit

This form must be completed and maintained by the student and the supervising CCS coach/instructor must sign off on all hours under their direct supervision. Upon completion of 30 hours, please submit to the High School Counseling Office. The last date for form submission is Friday, August 12, 2016.

Student Name: _____Student Signature: _____

Date	**Activity Description**	**Time/# of hours**	**Coach's Signature**
Ex. 6/10/2016	Morning Workout	8am-10am/2 Hours	