**FORT BEND ISD OFF-CAMPUS PHYSICAL EDUCATION**

**ATTENDANCE VERIFICATION FORM**

**2025-2026**

**Student First and Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sport: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_ Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Establishment Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PLEASE NOTE:**

* **For Category 1, student should practice a total of 15 hours with at least 10 practice hours during the school week**
* **For Category 2, all 5 hours should be during the school week**
* **Notify the school counselor immediately if the student drops out of the sport**
* **Forms are due NO LATER THAN 3 DAYS before the end of the grading period**
* **High school students return to registrar. Middle school students return to counselor**
* **Students must participate in school PE if not participating in Off Campus practice.**

**WORKOUT SCHEDULE**

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| **Grading Period 1** | **Hours of Training** | **Description of Activity** | **Coach’s Initials** |
| **Week 1 (8/11 – 8/17)** | | | |
| **Monday** |  | **No School** |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 2 (8/18-8/24)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 3 (8/25– 8/31)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 4 (9/1– 9/7)** | | | |
| **Monday** |  | **No School** |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 5 (9/8– 9/14)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 6 (9/15 – 9/21)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 7 (9/22– 9/28)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  | **No School** |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
|  | | | |

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| --- | --- | --- | --- |
| **Week 8 (9/29– 10/5)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
| **Week 9 (10/6 – 10/12)** | | | |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |
|  |  | **Forms are Due to Your Campus by October 8th** |  |

**Total Number of Hours: \_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_**

**Coach’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_**