Cardio Room P.E. Makeup Form

Please check in with the cardio room supervisor before starting a makeup. Also, you must have a supervisor's signature when you have completed the makeup.

Rules for makeups

- Makeup sessions must take place in the cardio room after school on **Mondays, Tuesdays, Thursdays or Fridays**. Check with your P.E. Teacher to make sure that the room will be open for the day you wish to attend a makeup.
- You may only start your makeup at the following times: **3:00 or 3:40**. You CAN participate in both sessions in one day.
- Only stationary bikes assigned by the room supervisor may be used for any makeup.
- Within a half hour makeup time you must achieve 160 total calories burned. This can be done at level 5 and maintaining 70 rpm.
- Before getting off a bike, make sure to show the supervisor to receive credit. The bike will shut off if you stop completely or leave.
- Signed forms must be personally turned in to your P.E. Teacher.

Student Name_____

Date of makeup	Time (only 1 per row)	Supervisor Signature