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 at the Birkett Freshmen Campus(BFC)**. Check with your P.E. Teacher to make sure that the room will be open for the day you wish to attend a makeup.
- Fitness Center hours are 2:45pm - 3:45 pm. No workouts can be started after 3:15 pm.
- Any cardio equipment assigned by the room supervisor may be used for a makeup.
- Within a half hour makeup time you must achieve **160 total calories burned**. This can be done,for example, at level 5 and maintaining 70 rpm on a stationary bike.
- You may complete a **maximum of 2 makeup workouts per day**.
- Before getting off the cardio equipment at the end of your makeup, make sure to show the supervisor to receive credit. The equipment 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	Calories Burned	Supervisor Signature