

PED 115, 4820
ACTIVITY FORM

NAME: _____

Up to **15 hours** activity can be home or community-based or outdoor activity outside PVCC Fitness Center. Turn the verification form to Lisa Cvach at the Front Desk when completed to receive credit for your time. Please make copies of this form as needed.

DATE	
LENGTH OF TIME 30 min min-2 hr max	
Activity Location	
DESCRIBE ACTIVITY Walking, hiking, tennis, etc	
EMPLOYEE SIGNATURE	

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