MEMO TO: Cadet ____________________________     Date: __________

FROM: Flight Commander

SUBJECT: Make-Up Physical Training Worksheet

You were absent on ______________ for the weekly PT class. You have the option of:

1. Receiving a ZERO grade for PT. Or

2. Completing these exercises at home and having your parent or coach validate completion of the exercises.

If you elect not to make up the PT session at home, sign your name now on the line provided and submit now:

I will not complete the home exercise option. Please record my grade as a ZERO. __________________________

**Note: All make up PT forms must be submitted prior to next PT session for full credit**

//SIGNED//
BRIAN K. BATSON, Major USAF (Ret.)
Senior Aerospace Science Instructor

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HOME EXERCISES:

**Warm Up Exercises.** Leg & arm stretches, trunk twists, and others that we do on Friday PT. Complete these **aerobic exercises**:

1. Fifteen 4-count jumping jacks.
2. Fifteen two-legged squats.
3. Twenty heel lifts.
4. Fifteen lunges with each leg.
5. Twenty-five pushups. (may be split up if needed)
6. Twenty-five sit-ups. (may be split up if needed)
7. Walk one mile in 15 minutes or less; or jog one mile in less than 10 minutes.

*Alternate exercises may be completed if involved with athletics, martial arts, dance, etc.

Time for the WALK or JOG: ______________

I certify that ___________________________ completed these exercises. ___________________________

(Parent/coach signature)

**Return the signed paper prior to next PT session. Failure to return the paper will result in a zero grade.**