Physical Education & Wellness Alternative Points Attendance Card

Course/Activity _____

Student Name: _____ ID#_____ Email:_____

Date	Class Name	Minutes				Instructor Signature
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
		30	45	60	90	
	Total Minutes					

Requirements:

- 440 minutes = 2 PE points
- Course/Activity must be must be completed in **6 weeks**.
- No more than 90 minutes of activity can be done on a single day and no more than 120 minutes in a week.
- In order to receive points, you must have completed the classes. Points are not awarded for classes purchased and not yet completed.
- Attendance card must be turned in within 1 week of completion of sessions.

Instructions:

1. Pay for an approved recreation program at the main customer service desk at the Zesiger Center or Alumni Wang Center.
2. Download and print attendance card from http://physicaleducationandwellness.mit.edu/
3. For each session completed, you must indicate the date, number of minutes, and obtain signature of the instructor. You must show the instructor your ID.
4. Upon completion of the 440 minutes, **submit the completed attendance card to the Physical Education & Wellness Program Manager** (in the DAPER Offices - W35-297U), between 9a-5p, M-F
5. The completed card will be reviewed and approved by the Recreation Program Director and Physical Education & Wellness Office. Upon approval, physical education and wellness points will be awarded and processed.

Advising & Information

• Office: W35-297U • Web site: http://physicaleducationandwellness.mit.edu/ • Email: physicaleducationandwellness@mit.edu • Phone: 617-253-4291