

Health Experience Credit

Group Fitness Participation Tracking Form

*In order to receive credit, write down the date and Fitness Class Name and have the instructor sign after the completion of class. You must complete 15 – 45 minute fitness class sessions to receive credit. Once finished, bring the form to Natalie Hawkins in the Wellness Center in the Student Fitness Center. If you have questions, email nrosale@siue.edu

Class No.	Date	Fitness Class Name	Instructors Signature
1.			
2.			
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Form must be completed and turned in by May 1st (Spring Semester).