

ACTIVITY HOURS CALCULATION EXAMPLE

**HOURS
COUNTED**

2
1
1
0
1
1
1
1
1
1

Kickboxing

Completed 10 h / 13 h

LOGS OVERVIEW FILES

- I did two kickboxing classes because I took a break last week for Christmas holidays. It feels great to get moving again!
2017-12-29 2h 0min **The extra one hour can be used to make up for missing the previous week of December 18-24**
- I went to kickboxing class. We did partner drills and practiced what we already learned in our previous classes.
2017-12-14 1h 0min
- I went to kickboxing class. I learned to jab-cross-lead hook and I felt really proud of myself for learning it so quickly.
2017-12-09 1h 0min
- I went to kickboxing class. We learned to stack a jab-cross-jab combo.
2017-12-02 1h 0min **This hour does not count because November 30 and December 2 falls in the same calendar week**
- I went to kickboxing class today and did a partner drill with my sister at home for an extra half hour.
2017-11-30 1h 30min **Extra time cannot be carried forward**
- I went to kickboxing class. Today we learned how to strengthen our core to improve our kicks and punches.
2017-11-23 1h 0min
- I went to two kickboxing classes in a row. We did bag work and kick punch combos.
2017-11-10 2h 0min **Extra time cannot be carried forward**
- I went to kickboxing class today. We learned bag work.
2017-11-03 1h 0min
- I went to kickboxing class and did a 15-minute partner drill at home with my sister today.
2017-10-26 1h 15min **Extra time cannot be carried forward**
- I went to kickboxing class today. The instructor taught us how to stay safe and aware of people around us.
2017-10-19 1h 0min