



TERM 1 DAILY PHYSICAL ACTIVITY LOG 2017-2018

FIRST NAME: _____ LAST NAME: _____ GRADE: ____ STUDENT #: _____

Each student in Grade 10 to 12 will need to participate in moderate to vigorous level of physical activity for at least 150 minutes per week. **This is a graduation requirement.** Some examples are: Walking to and from school/work, walking (your dog or anywhere), hiking, sports, yoga, dance etc. Students who are registered in a physical activity class (i.e. PE, Dance, Weight Training etc.) or an Athletics program (i.e. PASS, AVPA etc.) at school do **not** need to complete DPA logs.

SAMPLE ENTRY:

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Aug.28 – Sun. Sept.3	<i>Walk to school and home everyday</i>	100 mins.	280 mins.
	<i>Yoga</i>	60 mins.	
	<i>Basketball practice and game</i>	120 mins.	

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Sept.4 – Sun. Sept.10	_____		

Mon. Sept.11 – Sun. Sept.17	_____		

Mon. Sept.18 – Sun. Sept.24	_____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Sept.25 – Sun. Oct.1	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.2 – Sun. Oct.8	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.9 – Sun. Oct.15	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.16 – Sun. Oct.22	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.23– Sun. Oct.29	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.30 – Sun. Nov.5	<hr/> <hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by NOVEMBER 7, 2017