



TERM 2 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. Oct.30 – Sun. Nov.5	<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. Nov.6 - Sun. Nov.12	_____ _____ _____		
Mon. Nov.13 – Sun. Nov.19	_____ _____ _____		
Mon. Nov.20 – Sun. Nov.26	_____ _____ _____		
Mon. Nov.27 – Sun. Dec.3	_____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Dec.4 – Sun. Dec.10	<hr/> <hr/> <hr/> <hr/>		
Mon. Dec.11 – Sun. Dec.17	<hr/> <hr/> <hr/>		
Mon. Dec.18 – Sun. Dec.24	<hr/> <hr/> <hr/>		
Mon. Dec.25 – Sun. Dec.31 (Winter Break)	<hr/> <hr/> <hr/>		
Mon. Jan.1 – Sun. Jan.7 (Winter Break)	<hr/> <hr/> <hr/>		
Mon. Jan.8 – Sun. Jan.14	<hr/> <hr/> <hr/> <hr/>		
Mon. Jan.15 – Sun. Jan.21	<hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by JANUARY 23, 2018