



TERM 4 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. Apr.10 - Sun. Apr.16	<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. Apr.16 – Sun. Apr.22	_____ _____ _____ _____		
Mon. Apr.23 – Sun. Apr.29	_____ _____ _____ _____		
Mon. Apr.30 – Sun. May 6	_____ _____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. May 7 – Sun. May 13	<hr/> <hr/> <hr/> <hr/>		
Mon. May 14 – Sun. May 20	<hr/> <hr/> <hr/> <hr/>		
Mon. May 21 – Sun. May 27	<hr/> <hr/> <hr/> <hr/>		
Mon. May 28 – Sun. June 3	<hr/> <hr/> <hr/> <hr/>		
Mon. June 4 – Sun. June 10	<hr/> <hr/> <hr/> <hr/>		
Mon. June 11 – Sun. June 17	<hr/> <hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by JUNE 18, 2018