

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>



NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Went swimming - 60 mins.</i>							
		8 Term 1 begins Begin logs	9	10	11	12	_____
13	14	15	16	17	18	19	_____
20	21	22	23	24	25	26	_____
27	28	29	30				_____

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Walked the dog - 45 mins.</i>				1	2	3	_____
4	5	6	7	8	9	10	_____
11	12	13	14	15	16	17	_____
18	19	20	21	22	23	24	_____
25	26	27	28	29	30	31	_____

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>



NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
1	2	3	4	5	6	7	_____
8	9	10 Term 1 Ends Submit logs	<i>Example: Went skiing - 120 mins.</i>				_____

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

Submit completed logs to Ms. MacDonald or Ms. Morabito in Room 209 on November 10. Begin logs for Term 2.

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>



NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
			<i>Example: Did yoga - 30 mins.</i>	12 Term 2 Begins Begin logs	13	14	_____
15	16	17	18	19	20	21	_____
22	23	24	25	26	27	28	_____
29	30						_____

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Went ice skating - 60 mins.</i>		1	2	3	4	5	_____
6	7	8	9	10	11	12	_____
13	14	15	16	17	18	19	_____
20	21	22	23	24	25	26	_____
27	28	29	30	31			_____

Authorizing signature: _____

Relationship: _____

Authorizing signature: _____

Relationship: _____

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>

NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
Example: Went tobogganing - 90 mins.					1	2	_____
3	4	5	6	7	8	9	_____
10	11	12	13	14	15	16	_____
17	18	19	20	21	22	23	_____
24 _____	25	26 Term 2 Ends	27	28	29	30	_____
31		Submit logs					_____

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

Submit completed logs to Ms. MacDonald or Ms. Morabito in Room 209 on January 26. Begin logs for Term 3.

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>

NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Went snowshoeing - 65 mins.</i>		2 Term 3 Begins Begin logs	3	4	5	6	_____
7	8	9	10	11	12	13	_____
14	15	16	17	18	19	20	_____
21	22	23	24	25	26	27	_____
28							_____

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Biked - 80 mins.</i>	1	2	3	4	5	6	_____
7	8	9	10	11	12	13	_____
14	15	16	17	18	19	20	_____
21	22	23	24	25	26	27	_____
28	29	30	31				_____

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>

NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes. See the example below.

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Hiked - 90 mins.</i>				1	2	3	_____
4	5	6	7	8	9	10	_____
11	12	13	14 Term 3 Ends Submit logs	15	16	17	_____

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

**Submit completed logs to Ms. MacDonald or Ms. Morabito in Room 209 on April 14.
Begin logs for Term 4.**

DAILY PHYSICAL ACTIVITY LOG

<http://www.bced.gov.bc.ca/dpa/>

NAME _____

GRADE _____

Describe activity & length of activity in minutes. Your weekly DPA should total 150 minutes.

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Lifted weights - 30 mins.</i>							_____
				15 Term 4 Begins Begin logs	16	17	_____
18	19	20	21	22	23	24	_____
25	26	27	28	29	30		_____

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Mins/ Wk
<i>Example: Played "Ultimate" - 30 mins</i>						1	_____
2	3	4	5	6	7	8	_____
9	10	11	12	13	14	15	_____
16	17	18	19	20	21	22	_____
23	24	25	26	27	28	29	_____
_____	_____						_____
30	31						

Authorizing signature: _____ Relationship: _____

Authorizing signature: _____ Relationship: _____

**Submit completed logs to Ms. MacDonald or Ms. Morabito in Room 209 on April 14.
Begin logs for Term 4.**