



TERM 1 DAILY PHYSICAL ACTIVITY LOG 2016-2017

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

Each student in Grade 8 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.29 – Sun. Sept.4	<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.5 – Sun. Sept.11	_____		

Mon. Sept.12 – Sun. Sept.18	_____		

Mon. Sept.19 – Sun. Sept.25	_____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Sept.26 – Sun. Oct.2	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.3 – Sun. Oct.9	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.10 – Sun. Oct.16	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.17 – Sun. Oct.23	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.24– Sun. Oct.30	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.31 – Sun. Nov.6	<hr/> <hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by NOVEMBER 7, 2016