



TERM 2 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. Oct.31 – Sun. Nov.6	<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)
Tues. Nov.7 – Sun. Nov.13	_____ _____ _____		
Mon. Nov.14 – Sun. Nov.20	_____ _____ _____ _____		
Mon. Nov.21 – Sun. Nov.27	_____ _____ _____ _____		
Mon. Nov.28 – Sun. Dec.4	_____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Dec.5 – Sun. Dec.11	<hr/> <hr/> <hr/> <hr/>		
Mon. Dec.12 – Sun. Dec.18	<hr/> <hr/> <hr/>		
Mon. Dec.19 – Sun. Dec.25 (Winter Break)	<hr/> <hr/> <hr/>		
Mon. Dec.26 – Sun. Jan.1 (Winter Break)	<hr/> <hr/> <hr/>		
Mon. Jan.2 – Sun. Jan.8	<hr/> <hr/> <hr/>		
Mon. Jan.9 – Sun. Jan.15	<hr/> <hr/> <hr/> <hr/>		
Mon. Jan.16 – Wed. Jan.18	<hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by JANUARY 18, 2017