



TERM 3 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. Jan.23 – Sun. Jan.29	<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. Jan.30 – Sun. Feb.5	_____ _____ _____		
Mon. Feb.6 – Sun. Feb.12	_____ _____ _____		
Mon. Feb.13 – Sun. Feb.19	_____ _____ _____		
Mon. Feb.20 – Sun. Feb.27	_____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Feb.28 – Sun. Mar.5	<hr/> <hr/> <hr/> <hr/>		
Mon. Mar.7 – Sun.Mar.12	<hr/> <hr/> <hr/>		
Mon. Mar.13 – Sun. Mar.19	<hr/> <hr/> <hr/>		
Mon. Mar.20 – Sun. Mar.26	<hr/> <hr/> <hr/>		
Mon. Mar.27 – Sun. Apr.2	<hr/> <hr/> <hr/>		
Mon. Apr.3 – Sun. Apr.9	<hr/> <hr/> <hr/> <hr/>		
Mon. Apr.10 - Sun. Apr.16	<hr/> <hr/> <hr/>		

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