



**TERM 4 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. 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. 17 – Sun. Apr.23	_____		
	_____		
	_____		
	_____		
Mon. Apr. 24 – Sun. Apr. 30	_____		
	_____		
	_____		
	_____		
Mon. May 1 – Sun. May 7	_____		
	_____		
	_____		
	_____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. May 8 – Sun. May 14	<hr/> <hr/> <hr/> <hr/>		
Mon. May 15 – Sun. May 21	<hr/> <hr/> <hr/> <hr/>		
Mon. May 22 – Sun. May 28	<hr/> <hr/> <hr/> <hr/>		
Mon. May 29 – Sun. June 4	<hr/> <hr/> <hr/> <hr/>		
Mon. June 5 – Sun. June 11	<hr/> <hr/> <hr/> <hr/>		

**PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by JUNE 12, 2017**