



TERM 3 DAILY PHYSICAL ACTIVITY LOG 2017-2018

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

Each student in Grade 10 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.15 – Sun. Jan.21	<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.29 – Sun. Feb.4	_____ _____ _____		
Mon. Feb.5 – Sun. Feb.11	_____ _____ _____ _____		
Mon. Feb.12 – Sun. Feb.18	_____ _____ _____ _____		
Mon. Feb.19 – Sun. Feb.25	_____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Feb.26 – Sun. Mar.4	<hr/> <hr/> <hr/> <hr/>		
Mon. Mar.5 – Sun.Mar.11	<hr/> <hr/> <hr/>		
Mon. Mar.12 – Sun. Mar.18	<hr/> <hr/> <hr/>		
Mon. Mar.19 – Sun. Mar.25	<hr/> <hr/> <hr/>		
Mon. Mar.26 – Sun. Apr.1	<hr/> <hr/> <hr/>		
Mon. Apr.2 – Sun. Apr.8	<hr/> <hr/> <hr/> <hr/>		
Mon. Apr.9 - Sun. Apr.15	<hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 by APRIL 17, 2018