

Daily Physical Activity Tracking Sheet

ALL STUDENTS MUST COMPLETE THIS FORM AND RETURN TO THE
OFFICE OR COUNSELLING

2015/16 School Year

Completing and returning this form is for the whole school year

Minimum of 150 Minutes per Week = 10 hours per Month

(Note: These are “**Representative Activities**” not precise daily records of actual activities
(see reverse side for Activity Codes)

STUDENT NAME: _____

Activity Code	Daily Time	Activity Code	Daily Time
(example: B 1 Mon to Fri [30 minutes x 5 days x 4 weeks])	600 minutes (600/60= 10 hrs)		
		Total Time = 40 hours Sem (10 Hours per month; 40 hours per Sem)	

-OR-

☐ I am currently enrolled in (check all that apply)

- | | |
|----------------------------------|---|
| <input type="checkbox"/> P.E. 8 | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> P.E. 9 | <input type="checkbox"/> PGSS Hockey |
| <input type="checkbox"/> P.E. 10 | <input type="checkbox"/> Dance Class |
| <input type="checkbox"/> P.E. 11 | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> P.E. 12 | <input type="checkbox"/> Outdoor Recreation |

-OR-

☐ My son/daughter meets or exceeds the required Daily Physical Activity Requirement for the month(s) noted above. My child participates in community sports and/or various physical activities outside of instructional time at school.

Signature:

Parent/Guardian

Date

Daily Physical Activity

Various Activities

A. Team Sports

1. Soccer
2. Basketball
3. Hockey
4. Football
5. Lacrosse
6. Volleyball
7. Synchronized Swimming
8. Baseball
9. Field Hockey
10. Street Hockey
11. Rugby

B. Outdoor Daily Activities

1. Walking
2. Rollerblading
3. Tobogganing/Sledding
4. Skateboarding
5. Fishing
6. Horseback Riding
7. Delivering Papers/Flyers
8. Water Activities
9. Household Chores
10. Yard Work
11. Dirt Biking
12. Snowboarding
13. Skiing - Cross Country/Downhill
14. Hunting

C. Individual Activities

1. Dancing
2. Running
3. Gymnastics
4. Boxing
5. Wrestling
6. Rowing/Canoeing
7. Bowling
8. Squash/Racquetball
9. Tennis
10. Badminton
11. Golfing

D. Fitness Classes

1. Tae Bo
2. Spin
3. Martial Arts
4. Stretching
5. Step
6. Yoga
7. Weight Training
8. Circuit Training