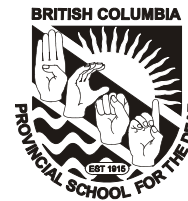




**BURNABY SOUTH SECONDARY SCHOOL
and
THE BC PROVINCIAL SCHOOL FOR THE DEAF**



Term 1 Physical Activity Log

DUE on November 30th, 2015

Goal: to participate in *at least 2.5 hours per week* of moderate to vigorous physical activity. A moderate to vigorous level of activity involves an increased heart rate, deeper breathing, etc. Examples of moderate to vigorous activities include: walking, yoga, cycling, badminton, volleyball, weight training, running, etc.

Name: _____ Student Number: _____ Grade: _____

Date	Description of Physical Activity & Supporting Documents	Hrs	Verification Contact Information	School Verification
			Name:	
			Signature:	
			Title/Position:	
			Ph. Number:	
Date	Description of Physical Activity & Supporting Documents	Hrs	Verification Contact Information	School Verification
			Name:	
			Signature:	
			Title/Position:	
			Ph. Number:	
Date	Description of Physical Activity & Supporting Documents	Hrs	Verification Contact Information	School Verification
			Name:	
			Signature:	
			Title/Position:	
			Ph. Number:	
Date	Description of Physical Activity & Supporting Documents	Hrs	Verification Contact Information	School Verification
			Name:	
			Signature:	
			Title/Position:	
			Ph. Number:	

Total DPA Hours for Term 1 (September – November 2014): _____