



School District No. 91 (Nechako Lakes) GRADUATION TRANSITIONS

WEEKLY PERSONAL PHYSICAL ACTIVITY LOG

Student's Full Name: _____ Student's Signature: _____

I have engaged in at least 150 minutes of weekly moderate to vigorous physical activity as described below. Grade: _____

DATE: _____ to _____, 20_____.

Date	Activities (Example – Walking / brisk walk at least 2.5 km. per hour)	Length (minutes)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Grand Total of Weekly Minutes		