



School District No. 91 (Nechako Lakes)

GRADUATION TRANSITIONS

SPORTS TEAM MEMBERS PHYSICAL ACTIVITY LOG

Student Name: _____ Student Signature: _____

Engage in at least 150 weekly minutes of moderate to vigorous physical activity.

Name of Sports Team:	Season played on team: Dates: From _____ to _____ <i>Example 2011-SEP-15 to 2011-NOV-18</i>	Total time completed:
Description and length of a typical practice: <i>Example Ran drills on ... for 53 minutes</i>		Coach/Supervisor's signature:

Attached a copy of the team schedule (practices and games)