



TERM 1 DAILY PHYSICAL ACTIVITY LOG 2015

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

Each student in Grade 8 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. Aug.31 – Sun. Sept.6	<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. Sept.7 – Sun. Sept.13	_____ _____ _____ _____		
Mon. Sept.14 – Sun. Sept.20	_____ _____ _____ _____		
Mon. Sept.21 – Sun. Sept.27	_____ _____ _____ _____		

DATE	DESCRIPTION OF PHYSICAL ACTIVITY AT SCHOOL, HOME OR COMMUNITY	MINUTES	TOTAL MINUTES (150 mins. minimum)
Mon. Sept.28 – Sun. Oct.4	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.5 – Sun. Oct.11	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.12 – Sun. Oct.18	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.19 – Sun. Oct.25	<hr/> <hr/> <hr/> <hr/>		
Mon. Oct.26 – Sun. Nov.1	<hr/> <hr/> <hr/> <hr/>		
Mon. Nov.2 – Sun. Nov.8	<hr/> <hr/> <hr/> <hr/>		

PLEASE SUBMIT TO Ms.Morabito or Ms. Neves in Room A233 before NOVEMBER 9, 2015