

# March 2016 Daily Physical Activity Log

First and Last Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Briefly describe what you did for physical activity this month, and the duration of the activity in minutes. (For example: Hockey – 60 minutes.) Your weekly DPA should total **at least 150 minutes**, on average. Have an adult (coach, instructor, parent) sign the calendar at the bottom to verify the activities.

March 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Notes:	

\*\*Return this calendar to Ms. Larisch in the Career Centre at the end of month. Leave it in the Student Drop Off Box.

\_\_\_\_\_  
Parent / Guardian / Coach    Signature