

**November 2015 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.

~ November 2015 ~						
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	<b>Notes:</b>				

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