

Cariboo Hill Secondary School
Daily Physical Activity Printable Log – December 2014

Student's Full Name: _____
Grade: _____

Briefly describe what you did for physical activity this month, and the duration of the activity in minutes. (For example: Hockey – 60 mins.) 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.

December 2014						
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 form to Ms. Barsky or Ms. Arbia in the Career Centre at the end of the month.**