



# DAILY PHYSICAL ACTIVITY LOG

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ ID #: \_\_\_\_\_ TA: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**What counts as Daily Physical Activity?**

Any moderate to vigorous physical activity that you engage in at home, at school, or in the the community counts as DPA. For example:

- Getting to and from school (e.g. walking or cycling).
- Activities during school classes (e.g. PE or dance).
- Activities during lunch time and before school (e.g. open gym and intramurals).
- Playing on school or community sports teams.
- Part-time jobs that involve physical activity (e.g. delivering newspapers).
- Completing active chores around the home (e.g. dog walking, raking leaves, chopping fire wood).
- Recreational activities on you own, or with your family or friends (e.g hiking, biking, snowboarding, skiing, swimming, etc, etc, ...).

	Week	Home # Minutes	School # Minutes	Community # Minutes	Total Minutes Gr 9: 30 minutes per day Gr 10 to 12: 150 minutes per week	Completed <input checked="" type="checkbox"/>
September 2016	6-9					
	12-16					
	19-23					
	26-30					
October 2016	3-7					
	10-14					
	17-21					
	24-28					
November 2016	Oct31-4					
	07-11					
	14-18					
	21-25					
	28-Dec2					
December 2016	05-09					
	12-16					
January 2017	02-06					
	09-13					
	16-20					
	23-27					