



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"/>
February 2017	Jan30-3					
	6-10					
	13-17					
	20-24					
March 2017	Feb27-3					
	6-10					
	13-17					
	20-24					
	27-31					
April 2017	3-7					
	10-14					
	17-21					
	24-28					
May 2017	01-05					
	08-12					
	15-19					
	22-26					
June 2017	05-09					
	12-16					