

September 2017 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.

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labour Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Pro-D Day	23
24	25	26	27	28	29	30

**Return this calendar to Ms. Larisch in the Career Centre by the required due date. Leave it in the Student Drop Off Box.

Parent / Guardian / Coach Signature