

January 2018 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.

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Winter Break	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 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