

2018-19

My Physical Activity Log for TERM _____

Name _____ Grade: 11 & 12

REQUIRED: 150 Minutes per week of Physical Activity

- TERM 1: Sept. 6 – Mid-Nov. 1200 Min or 20 Hrs.
- TERM 2: Mid-Nov - End Jan 1200 Min or 20 Hrs.
- TERM 3: Feb. 1 – Mid-April 1200 Min or 20 Hrs.
- TERM 4: Mid-April – Mid-June 1200 Min or 20 Hrs.



DATE: Week of	ACTIVITY	TOTAL MIN.	VERIFYING

TOTAL (minutes/hours) for the term: _____

Student Signature: _____