

**November 2016** 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.

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	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	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