

Name: \_\_\_\_\_  
*(first and last)*

Student # \_\_\_\_\_

Grade: \_\_\_\_\_

## TERM 1 DAILY PHYSICAL ACTIVITY CALENDAR LOG

FOR GR 10, 11, & 12

This form is for students who **complete their daily physical activity outside of school time**. If you are enrolled in a PE, Dance, Weight Training, or Strength & Conditioning course at Moscrop, **and you successfully meet the physical activity requirements of the course** your teacher will complete your DPA log and you don't need to fill this out.

**How to use this DPA Calendar Log:** briefly describe what you did for your physical activity and the length of activity in minutes. **Your weekly DPA should total a minimum of 150 minutes.** Have an adult, such as a parent or coach, sign the form to verify the activities. Please see Ms. Dato (Room 313) if you need more information.

### SEPTEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS / Wk
<i>Swam for 60 mins</i>	5	6 First day of school	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	Oct 1	

Adult signatures ONLY!

MONTHLY TOTAL: \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

*"Movement is a medicine for creating change in a person's physical, emotional, and mental states." ~Carol Welch*

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OCTOBER 2011							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS / Wk
<i>Karate class 75 mins</i>						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	31						

Adult signatures ONLY!
 

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**MONTHLY TOTAL:** \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Name: \_\_\_\_\_  
*(first and last)*

Student # \_\_\_\_\_

Grade: \_\_\_\_\_

## TERM 1 DAILY PHYSICAL ACTIVITY CALENDAR LOG

Before handing in your log check:

1. Have you written your NAME, STUDENT # & GRADE at the top? (VERY IMPORTANT!!)
2. Have you totaled up the minutes for EACH week? EACH month?
3. Do you have an ADULT signature for each different activity you have included?
4. Double check the due date, and HAND IN YOUR DPA ON TIME!

<b>NOVEMBER 2011</b>							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS / Wk
Oct 30	Oct 31	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 DPA DUE: Submit to Room 313	29 DPA DUE: Submit to Room 313	30				

Adult signatures ONLY!



**MONTHLY TOTAL:** \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

Activity: \_\_\_\_\_ Authorizing Signature: \_\_\_\_\_ Relationship: \_\_\_\_\_ ph# \_\_\_\_\_

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