



## DAILY PHYSICAL ACTIVITY FORM

Student Name: \_\_\_\_\_

Student Number: \_\_\_\_\_

- I have completed a minimum of 150 minutes (2-1/2 hours) of Daily Physical Activity (DPA) each week from Grades 10 to Grade 12 (up to December 2016).

I have completed this requirement via the following activities:

- PE 10       PE 11       PE 12

- School Team

Team Name: \_\_\_\_\_

Contact Person Name: \_\_\_\_\_

Contact Person Number/Email: \_\_\_\_\_

- Community Team

Team Name: \_\_\_\_\_

Contact Person Name: \_\_\_\_\_

Contact Person Number/Email: \_\_\_\_\_

- Other Activities (ie. karate, dance, swimming, jogging, hiking, etc.)

Type of Activity/Activities: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I plan to continue with 150 minutes (2-1/2 hours of weekly activity) from January 2017 – June 2017 via the following activities (Please List): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of Parent/Guardian who can verify these activities: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_