

NAME:	
GRADE:	

GRAD TRANSITIONS 11 : OPTION 3

DAILY PHYSICAL ACTIVITY LOG GRADE 11 (DPA 11)

If you belong to a sports team/club/organization that practices and or competes on a regular basis throughout the year that can be documented, you can give Ms. Arbuckle a note from your coach/trainer involved in that activity as an alternative to tracking your physical activity on a monthly basis. This would likely apply to students involved in year long sports/activities or seasonal sports/activities that have a conditioning or off-season schedule of training such as (but not limited to):

- ✓ figure skating
- ✓ hockey
- ✓ skiing/snowboarding
- ✓ swimming
- ✓ dance

For this option your documentation must have this information:

- it is an original document
- your first and last name are on the document
- a brief description or summary of the physical activities you perform, how often and for what period of time
- the total number of hours indicated on the document equals 70 or more hours over a 7 month period
- an authorized supervisor has signed the letter and included a printed version of their name that is legible
- there is a telephone number or e-mail address in case contact with the authorized signing supervisor is required

Signatures of coaches/trainers on notes provided will be randomly checked.