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| NAME: | |
| GRADE: | |
| MONTH: | |

GRAD TRANSITIONS 12 ASSIGNMENT 11 OPTION 1

DAILY PHYSICAL ACTIVITY LOG GRADE 12 (DPA 12)

| DATE IDENTIFY THE DAY OF THE MONTH FOR EACH OF THESE DAYS | DESCRIPTION OF PHYSICAL ACTIVITY COMPLETED | TOTAL MINUTES 150 minutes per week | |
|---|---|--|--|
| WEEK #1 150 minutes per week | MON | | |
| | TUE | | |
| | WED | | |
| | THU | | |
| | FRI | | |
| | SAT | | |
| | SUN | | |
| WEEK #2 150 minutes per week | MON | | |
| | TUE | | |
| | WED | | |
| | THU | | |
| | FRI | | |
| | SAT | | |
| | SUN | | |
| | | | |

| DATE IDENTIFY THE DAY OF THE MONTH FOR EACH OF THESE DAYS | PHYSICAL ACTIVITY COMPLETED | TOTAL MINUTES 150 minutes per week | |
|---|------------------------------------|--|--|
| WEEK #3 150 minutes per week | MON | | |
| | TUE | | |
| | WED | | |
| | THU | | |
| | FRI | | |
| | SAT | | |
| | SUN | | |
| WEEK #4 150 minutes per week | MON | | |
| | TUE | | |
| | WED | | |
| | THU | | |
| | FRI | | |
| | SAT | | |
| | SUN | | |

Who can verify you completed these physical activities and what is their contact information?

| Name of person who can verify | Contact phone number or e-mail |
|--------------------------------------|---------------------------------------|
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