

NAME:	
GRADE:	
MONTH #1:	

GRAD TRANSITIONS 10 – ASSIGNMENT 1 OPTION 1

DAILY PHYSICAL ACTIVITY BOOKLET GRADE 10 (DPA 10)

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

NAME:	
GRADE:	
MONTH #2:	

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

NAME:	
GRADE:	
MONTH #3:	

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

NAME:	
GRADE:	
MONTH #4:	

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

NAME:	
GRADE:	
MONTH #5:	

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

NAME:	
GRADE:	
MONTH #6:	

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

NAME:	
GRADE:	
MONTH #7:	

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

