

DAILY PHYSICAL ACTIVITY

(COMMUNITY and/or SCHOOL)



SUCCESSFUL COMPLETION OF 2.5 HOURS (150 minutes)
PER WEEK OF PHYSICAL ACTIVITY

Name: _____ **Grade:** _____

Activities	Date (SEMESTER 1)	Description of Physical Activity	Hours
Example	September 1 to September 6	Panorama (Weight Training & Treadmill) / Walking	
1	September 7 to September 13		
2	September 14 to September 20		
3	September 21 to September 27		
4	September 28 to October 4		
5	October 5 to October 11		
6	October 12 to October 18		
7	October 19 to October 25		
8	October 26 to November 1		
9	November 2 to November 8		
10	November 9 to November 15		
11	November 16 to November 22		
12	November 23 to November 29		
13	November 29 to December 6		
14	December 7 to December 13		
15	December 14 to December 20		
16	December 21 to December 27		
17	December 28 to January 3		
18	January 4 to January 10		
19	January 11 to January 17		
20	January 18 to January 24		
21	January 25 to January 31		

Total: _____

Signature of Activity Coach or Sponsor: _____ **and Phone Number:** _____