

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 2)	Description of Physical Activity	Hours
Example	December 21 to December 27	Panorama (Weight Training & Treadmill) / Walking	
1	February 1 to February 7		
2	February 8 to February 14		
3	February 15 to February 21		
4	February 22 to February 28		
5	March 1 to March 7		
6	March 8 to March 14		
7	March 15 to March 21		
8	March 22 to March 28		
9	March 29 to April 4		
10	April 5 to April 11		
11	April 12 to April 18		
12	April 19 to April 25		
13	April 26 to May 2		
14	May 3 to May 9		
15	May 10 to May 16		
16	May 17 to May 23		
17	May 24 to May 30		
18	May 31 to June 6		
19	June 7 to June 13		
20	June 14 to June 20		
21	June 21 to June 27		

Total: _____

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