

# **Personal Health: Daily Physical Activity**

The daily physical activity requirement for Graduation Transitions (GT) includes participating in **at least 100 hours** of activity for the school year (September to June). If you average this out over the course of 40 weeks for the school year, it works out to just 2.5 hours per week!

The process for documenting your daily physical activity is relatively simple: you are expected to create individual journal logs in your grad portfolio (as a part of your MyBluePrint account) following these simple steps:

- 1) **Login to MyBluePrint, select 'Home', select 'Portfolios', and choose your grad portfolio**  
\* **Note: if haven't yet created a MyBluePrint account, see the GT Instructions Panther Paw.**
- 2) **In your Grad Portfolio, select 'Add Box', then select 'Add Journal'.**
- 3) **In the Add Journal side box that pops up, enter in the title of your activity, and then in the description box put as much detail as possible describing your activity (ie: location, duration, intensity, etc).**
- 4) **Add in some media links (pictures, video, etc) to prove/highlight your participation, and then select 'Save'.**

**Some important points of note regarding documenting your Daily Physical Activity for the year:**

- \* **There are many different ways to satisfy the requirements (ie: if a student is taking a PE/Outdoor Ed 11 or 12 course during their Grade 12 year, then they would automatically have 50+ hours towards their 100 hour requirement – you would still need to include a Journal entry in MyBluePrint as documentation though).**
- \* **If you happen to be a very active person and you have many different examples of activities you participate in that well exceed 100 hours for the year, please feel free to include journals that document all of them as they tell a story about you and really should be included!**