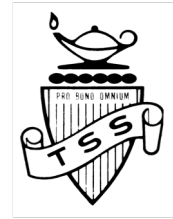


TEMPLETON SECONDARY SCHOOL

727 Templeton Drive
Vancouver, B.C. V5L 4N8
Phone: 604-713-8984 Fax: 604-713-8983
<http://go.vsb.bc.ca/schools/templeton>



Daily Physical Activities 12: Physical Activity Log – Term 1

Name: _____

Home Room: _____ Student Number: _____

Goal: Be physically active for at least 150 minutes per week.

Option 1 (if you are taking PE12/Basketball 11/or Fitness 12): Have your teacher sign below:

Teacher Course (Block)

Option 2 (if you are not taking any PE courses): Use the table below to record your physical activities:

Week	Description of Physical Activity	Minutes	Signature of Verification
e.g. Sept 11 – 17	e.g. Played ball hockey	eg 250 minutes	e.g. Signature of parent
Sept 3 – 9			
Sept 10 – 16			
Sept 17 – 23			
Sept 24 – 30			
Oct 1 – 7			
Oct 8 – 14			
Oct 15 – 21			
Oct 22 – 28			
Oct 29 – Nov 4			
Nov 5 – 11			
Nov 12 – 18			
Nov 19 – 25			
Nov 26 – Dec 2			

Completed form must be submitted to Mr. Mann by December 3, 2018