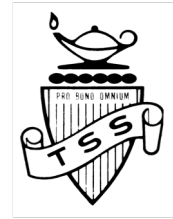


# TEMPLETON SECONDARY SCHOOL

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 2

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
Dec 3 – 9			
Dec 10 – 16			
Dec 17 – 23			
Dec 24 – 30			
Dec 31 – Jan 6			
Jan 7 – 13			
Jan 14 – 20			
Jan 21 – 27			
Jan 28 – Feb 3			
Feb 4 – 10			
Feb 11 – 17			
Feb 18 – 24			
Feb 25 – Mar 3			

Completed form must be submitted to Mr.Mann by March 4, 2019