

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 3

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
Mar 4 – 10			
Mar 11 – 17			
Mar 18 – 24			
Mar 25 – 31			
Apr 1 – 7			
Apr 8 – 14			
Apr 15 – 21			
Apr 22 – 28			
Apr 29 – May 5			
May 6 – 12			
May 13 – 19			
May 20 – 26			

Completed form must be submitted to Mr. Mann by May 24, 2019