

SCHOOL DISTRICT NO. 79 COWICHAN VALLEY  
Daily Physical Activity

Grade: \_\_\_\_\_ Semester: 1   
2

Name: _____ Student # _____ (Affix label here)
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The following options qualify – Please check the appropriate box

**Log A**

- PE 11 or PE 12
- Dance 11 or Dance 12
- School Team
- Community Team

**Log B**


Any other activity  
(ask at your career centre for details)

**Log A (to be completed by the student and signed by teacher/coach)**

Activity: _____
150 Minutes per week minimum: <input type="checkbox"/> Date: _____
Contact Person: _____ Position: _____
Phone Number: _____ Email: _____
Signature of Contact Person (teacher/coach) verifying Activity: _____

(\*\*\*If unable to get signature, please attach evidence indicating completion; i.e., report card, team photo, etc.)

**Log B**

 All students using Log B must complete the chart on the back of this page. 
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**DO NOT USE – FOR OFFICE USE ONLY**

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Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Remember to submit for marking**

Data entered into student records:

Name \_\_\_\_\_

September Week 1		Week 2		Week 3		Week 4		Week 5	
Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes
<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>
October Week 1		Week 2		Week 3		Week 4		Week 5	
Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes
<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>
November Week 1		Week 2		Week 3		Week 4		Week 5	
Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes
<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>
December Week 1		Week 2		Week 3		Week 4		Week 5	
Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes
<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>
January Week 1		Week 2		Week 3		Week 4		Week 5	
Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes	Activity	Minutes
<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>	<i>Target 150 min</i>	<b>Actual Min</b>