

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

Teacher Signature: _____ Date: _____

Remember to submit for marking

Data entered into student records:

Name _____

February 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>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min
March 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>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min
April 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>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min
May 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>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min
June 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>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min	<i>Target 150 min</i>	Actual Min