

CHILLIWACK SECONDARY SCHOOL 2011-2012

Name:

Homeroom:

SEMESTER TWO DAILY PHYSICAL ACTIVITY CALENDAR LOG

This form is for students who complete their daily physical activity outside of school time.

How to use this DPA Calendar Log: briefly describe what you did for your physical activity and the length of activity in minutes. Your weekly DPA should total a minimum of 150 minutes. Please see Mr. Dartnell if you need more information.

FEBRUARY 2012							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS/WK
Example: <i>Swam for 60mins</i>			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29				

MARCH 2012							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS/WK
Example: <i>Karate Class 75mins</i>				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

APRIL 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS/WK
1 Example: <i>Soccer practice 80mins</i>	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

MAY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS/WK
Example: <i>Zumba 60mins</i>		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

JUNE 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINS/WK
					1	2	
3	4	5	6	7	8	9	
10	11	12	13 Sem 2 DPA LOGS DUE	14	15 SEMESTER TWO ENDS	16	

Examples of activities:

Walking

Swimming

Scooting

Hiking

Skating

Football

Jogging

Soccer

Frisbee

Dancing

Tennis

Martial Arts

Skipping

Hockey

Skiing

Playing tag

Lacrosse

Skim boarding

Wall climbing

In-line skating

Dodgeball

Cycling

Skateboarding

Basketball

