NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 (first and last)
GRADE \_\_\_\_\_\_\_\_\_\_
STUDENT NUMBER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**GRADE 11 AND 12 DPA LOG FOR 2016- 2017 SCHOOL YEAR – *DUE WEDNESDAY, MAY 31, 2016.***

1. Describe each of your activities throughout the school year, the months you participate in them and the days of the week they occurred on:

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| --- | --- | --- | --- |
| ACTIVITY | MONTHS | DAY(S) OF WEEK | AVERAGE WEEKLY MINUTES |
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Approx total of minutes per month: Sept \_\_\_\_\_\_\_ Oct\_\_\_\_\_\_ Nov\_\_\_\_\_\_ Dec\_\_\_\_\_\_
Jan\_\_\_\_\_\_ Feb\_\_\_\_\_\_ Mar\_\_\_\_\_\_ Apr\_\_\_\_\_\_ May\_\_\_\_\_\_

1. Estimate your average weekly minutes spent on physical activity throughout the year:

*How to do this: total the monthly minutes throughout the year, and divide by the number of weeks in the school year (approximately 35 excluding holidays)*

 TOTAL # OF MINUTES THROUGHOUT SEPT through MAY= \_\_\_\_\_\_\_\_\_\_\_\_

 DIVIDED BY 35 WEEKS = \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (your average per week)

1. Have you met the minimum requirements of an average of 150 minutes per week?

Yes or no

1. If NO, please explain what you need to do to improve your physical activity levels moving forward. What activities will you do? Which day of the week, month, and what time? (the more specific your goals, the more likely you will be to meet them).
2. Please get a parent signature to verify your activities: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_