

Student Name: _____

K - 9 Monthly DPA

Parent Signature: _____

The Ministry of Education now requires that children do 30 minutes of physical activity, 5 days a week. Record your child's daily activity and time spent on activity. Circle whether it was an Endurance, Flexibility, or Strength activity (Some activities, like swimming, may be all three.) Send in each calendar at the end of the month.

E=Endurance

F= Flexibility

S= Strength

Month: _____

2008/2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity: Time: E F S	Activity: Time: E F S	Activity: Time: E F S	Activity: Time: E F S	Activity: Time: E F S	Activity: Time: E F S	Activity: Time: E F S
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