

Student Name: \_\_\_\_\_  
First Name Last Name

# 10 - 12 DPA Record

\_\_\_\_\_  
Grade

The Ministry of Education now requires that students document 150 minutes of physical activity each week. Record your daily activity and time spent on activity. Circle whether your activities were at a moderate or vigorous intensity level. Send in a calendar to your homeroom teacher at the end of every month. Please ensure that you have verification of your activities on the back of this form.

**M=Moderate**

**V=Vigorous**

Month: \_\_\_\_\_

2008/2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Activities:  Time: M V	Activities:  Time: M V	Activities:  Time: M V	Activities:  Time: M V	Activities:  Time: M V	Activities:  Time: M V	Activities:  Time: M V	
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