

Daily Physical Activity
Term 1 – 2013-2014

Daily Physical Activity – Name: _____

Students should list activities and approximate minutes each activity lasted.

Example: Walked to school – 2 times each day for 4 days @ 10 mins each time

Date	Yes Completed 150 min	Activities

Signature of teacher/supervisor

**Daily Physical Activity
Term 2 – 2013-2014**

Daily Physical Activity – Name: _____

Students should list activities and approximate minutes each activity lasted.

Example: Walked to school – 2 times each day for 4 days @ 10 mins each time

Date	Yes Completed	Activities
Nov 11-15		
Nov 18-22		
Nov 25-29		
Dec 2-6		
Dec 9-13		
Dec 16-20		
Jan 6-10		
Jan 13-17		
Jan 20-24		

Signature of teacher/supervisor

Daily Physical Activity
Term 3 – 2013-2014

Daily Physical Activity – Name: _____

Students should list activities and approximate minutes each activity lasted.

Example: Walked to school – 2 times each day for 4 days @ 10 mins each time

Date	Yes Completed	Activities
Jan 27-31		
Feb 3-7		
Feb 10-14		
Feb 17-21		
Feb 24-28		
Mar 3-7		
Mar 10-14		
Mar 31-Apr 4		
Apr 7-11		

Signature of teacher/supervisor

**Daily Physical Activity
Term 4 – 2013-2014**

Daily Physical Activity – Name: _____

Students should list activities and approximate minutes each activity lasted.

Example: Walked to school – 2 times each day for 4 days @ 10 mins each time

Date	Yes Completed	Activities
Apr 14-18		
Apr 21-25		
Apr 28-May 2		
May 5-9		
May 12-16		
May 19-23		
May 26-30		
Jun 2-6		
Jun 9-13		
Jun 16-20		

Signature of teacher/supervisor