

# PHYSICAL ACTIVITY LOG

### **My Physical Activity Log**

Name: \_\_\_\_\_

Student Number: \_\_\_\_\_

Teacher: \_\_\_\_\_

Goal: Physically active for 80 – 160 hours during Grade 11 and 12.

This table records evidence of my physical activity.

<b>Date</b>	<b>Description of Physical Activity</b>	<b>Hours</b>	<b>Supporting Documents</b>	<b>Verification</b>
	Total			

Total