



# Daily Physical Activity Tracking Form

*Educating and equipping discerning disciples of Jesus Christ for restorative work in His kingdom*

**Full Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

Yes, I have met the daily physical activity requirement of 150 minutes per week (on average)

No, I have not met the daily physical activity requirement

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Student Signature)

## Description of Physical Activity (circle all that apply)

Organized sports team

Skating

Walking to school

Currently enrolled in PE Class

Racquet Sports

Cycling

Jogging

Pilates

Hiking

Basketball

Yoga

Skateboarding

Swimming

Gymnastics

Dancing

Rock Climbing

Weight Training

Chopping Wood

Rowing

Walking the Dog

Other strength-building activities \_\_\_\_\_

Other cardio activities \_\_\_\_\_

Other flexibility-building activities \_\_\_\_\_

## Please submit your forms to the office.

Questions regarding DPA can be directed to Mr. Wilson: [stevew@cedars.bc.ca](mailto:stevew@cedars.bc.ca)

### Office Use Only

Date Entered: \_\_\_\_\_