BURNABY MOUNTAIN SECONDARY SCHOOL

MONTHLY PHYSICAL ACTIVITY LOG
SCHOOL YEAR 2017 TO 2018

Name: _____ Grade: ___ Student Number: _____

Goal: To participate in at least 150 minutes per week of moderate to vigorous activity. This means having an increased heart rate, deeper breathing, feeling warm, perspiring etc. Examples are: brisk walking, yoga, cycling, badminton, volleyball, weight training, dancing, running etc.

To fully meet the graduation requirement, you need to keep record of your physical activity as well as supporting documentation (e.g. receipts, wrist straps, passes, registration forms, certificates etc.)

Date	**Activity**	**Time Spent in activity**	**Verification (Name printed, position & -signed)**