



# ÉCOLE SECONDAIRE HANDSWORTH SECONDARY

## Daily Physical Activity (DPA) tracking sheet - Grade 10-12 - 150

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Student Name:

Date Range:

Date	Moderate to Vigorous Activity Description	Min.	Strength (S) Endurance (E) Flexibility (F)	Verified by
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
End of week one		Total		
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
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End of week two		Total		
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End of week three		Total		
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			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
			S <input type="radio"/> E <input type="radio"/> F <input type="radio"/>	
End of week four		Total		