

## Handsworth Secondary Daily Physical Activity (DPA) tracking sheet

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

Date range: \_\_\_\_\_

**Requirement: Grade 8-9 - 30 minutes per school day - Grade 10-12 - 150 minutes per week**

Date	Moderate to Vigorous Activity Description	Min.	Strength (S) Endurance (E) Flexibility (F)	Verified by
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
End of week one		Total		
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
End of week two		Total		
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
End of week three		Total		
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
			S ○ E ○ F ○	
End of week four		Total		