PHYSICAL ACTIVITY LOG

Name: ____________________________

Student Number: _________________

Grade: ____________________________ **School Year:** ________

Goal: I am a physically fit individual with a variety of activities available to me to enjoy and enhance my life. I participate in at least 150 minutes of activity each week and the log and evidence in my portfolio demonstrates my commitment.

Date	Description of the Physical Activity	Minutes Engaged/Over This Time	Verification Signature	