

NOTRE DAME REGIONAL SECONDARY
GRADE 8 & 9 DAILY PHYSICAL ACTIVITY LOG

SAMPLE LOG

Date	Type (volleyball, badminton, etc.)	# of minutes	Level (moderate=M vigorous=V)	Weekly total
Sept. 16	PE class	75	M	
Sept. 17	Soccer practice	120	M-V	
Sept. 18	PE class	75	M	
Sept. 19	Weight room work out	45	V	
Sept. 20	PE class	75	M	390 min.

[illegible]

