



School District No. 91 (Nechako Lakes) GRADUATION TRANSITIONS

PERSONAL PHYSICAL ACTIVITY LOG

Name: _____ Student Signature: _____ Date: _____

Engage in at least 150 minutes of moderate to vigorous physical activity in addition to Physical Education 10.

Description of Physical Activity:	Describe what impact this has on your physical health and your lifestyle choices.	Total Minutes/Hours Completed:	Supervisor's signature:

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