



# School District No. 91 (Nechako Lakes)

## GRADUATION TRANSITIONS

# SPORTS TEAM MEMBERS PHYSICAL ACTIVITY LOG

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Name of Sports Team:	Seasons played on team:	Total minutes/hours completed:
Description of Physical Activity:	Describe what impact this has on your physical health and your lifestyle choices.	Coach/Supervisor's signature:

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