

## Tracking Physical Activity Form

Select **ONE** of the following three options to complete this requirement **in each of Grade 11 and 12**. You will be required to engage in a *minimum of 100 hours per school year of moderate to intense physical activity*.

### OPTION 1: SCHOOL OR COMMUNITY TEAM

Team/Activity	COACH'S NAME/Signature	Practise & Game Schedule
(Eg. Hockey Team)	(Eg. Mr. Brown) <i>Mr. Brown</i>	(Eg. 2 practices & 2 games per week for total of 10 hours)

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### OPTION 2: SCHOOL COURSE

CLASS NAME	Teacher Name/Signature	Semester 1 or 2
(Eg. Health & Fitness 11)	(Eg. Ms. Folka) <i>Ms. Folka</i>	Eg. Semester 1

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### OPTION 3: PERSONAL LOG OF ACTIVITY

Activity	Parent Signature	Date & length of activity
(Eg. Walking the dog)	(Eg. Mrs. Mom's Signature) <i>Mrs. Mom's Signature</i>	September 5 / 45 minutes
Hiked Teapot	<i>Mrs. Mom's Signature</i>	September 7 / 60 minutes
		Total 100 hours (you will need to continue onto page 2)

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