

# Graduation Transitions

## Personal Health

*((150 Minutes per Week of physical activity, healthy living plan)*

### Completed in Grades 10 - 12



## Earl Marriott Secondary

| Planning 10         | Grades 10-12  |
|---------------------|---|
| Healthy Living Plan | Log-sheet and reflection<br>150 Minutes Per Week<br>physical activity<br>(done <b>outside</b> of PE 10) |



# Graduation Transitions: Physical Activity Log Sheet



Name: \_\_\_\_\_

| Date<br>Month/Day/Year | Description of Activity | Hours | Attach and Explain<br>Supporting Documents<br><small>(Attach receipts, pictures..)</small> | Adult Signature<br>Verifying the Activity | Phone Number of<br>Adult who verified<br>activity |
|------------------------|-------------------------|-------|--|---|---|
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|                        | <b>Total Hours</b>      |       |  |   |   |

Physical Activity Hours Reflection

Describe the various physical activities that you participated in. (Be specific)

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What are your own personal fitness goals? How did these activities help with your fitness goals?

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Explain the impact that being physically active has on your own personal health and/or lifestyle choices.

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What are some dietary considerations you need to make when trying to improve personal health and increase healthy lifestyle choices?

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