



Pacific Christian Secondary School
Graduation Transitions 12
Confirmation of Physical Activity

For the Personal Health component of the Graduation Transitions program, students are required to demonstrate 150 minutes per week of moderate/vigorous physical activity. This can be done in school or outside of school and can be through organized activities or through activities that the student pursues on his/her own.

This form must be completed near the end of each semester to allow students to self-report their activity.

1) Fill in the year on the appropriate line to show the time period for which you are reporting:

Semester 1 _____ OR Semester 2 _____

2) Shade the bar below to indicate the extent to which you have fulfilled the following:

I HAVE ENGAGED IN AT LEAST 150 MINUTES (2.5 hrs) OF MODERATE/VIGOROUS PHYSICAL ACTIVITY EACH WEEK DURING THE TIME PERIOD SHOWN ABOVE.



3) In the space below, describe the types of physical activity in which you engaged. Your description should include WHAT activities you participated in, WHERE you participated, and approximately HOW OFTEN/HOW LONG you participated:

Student Name: _____ Parent Name: _____

Student Signature: _____ Parent Signature: _____