



# Daily Physical Activity

**H.E.A.L.T.H.Y.**  
Pledge Program

## Success Tracking Sheet

DPA in 5 – 10 minute intervals for a total of 20 minutes each day can improve student well-being

School Name \_\_\_\_\_

Classroom ID#  
(e.g. 1A or 8C) \_\_\_\_\_

If DPA is replaced by physical education class, please indicate PE or GYM for that day

		Monday	Tuesday	Wednesday	Thursday	Friday
Week of	Name of Activity					
e.g. Sept 9-13						
Number of Students in the Class						
Number of Students Participating						
Week of	Name of Activity					
e.g. Jan 20-24						
Number of Students in the Class						
Number of Students Participating						
Week of	Name of Activity					
e.g. June 1-5						
Number of Students in the Class						
Number of Students Participating						