

To sign in to a school computer

User Name: your student number

Password: your first name

To sign up with LearnNowBC for DPA

Go to <http://www.learnnowbc.ca/services/DPALog/default.aspx>

1. Click **Sign-Up with LearnNowBC** link (below the **First Time DPA User** icon).
2. Click on the **STUDENT** button
3. Complete User Information. Pick a username and password that you will remember.

To Log In to LearnNowBC and to Create a DPA Log

Go to www.learnnowbc.ca/Login.aspx

1. Log in with your username and password. Click **Login**.
(*Note: If a Confirm School Information screen pops up, just follow steps 4 and 5 below).
2. Click on the **Daily Physical Activity** icon.
3. To create a DPA log, click on the **Create your DPA Log** link.
4. Select your District and School by using the drop-down menu.
5. Select the date when you began attending the school. Check to see if **School of Record** and **Start Date** information is accurate and then click **Next** or **Save**.
6. Give your **DPA Log a Name**. Select a **Start Date** for your Log. Enter your **Homeroom number or teacher** and select your **Grade**.
7. Read the disclaimer and select "I accept the Disclaimer". Click **Next**.

To Add Activities in your DPA log

Begin by selecting the **Add Activity** bottom left hand corner.

Add Activity

DPA Log Info

Log Name: test
Log Start Date: 07/09/2010

What are you Logging?

One Activity on One Day
 Many Activities on One Day
 One Activity on Many Days

Date
Year Mo Da

Activity Log

Minutes Description Intensity Type

Select an activity description
 light
 moderate
 vigorous
 endurance
 strength
 flexibility

per day

Exemption

Exemption Reason

Select an exemption type

Save Cancel

Check your log carefully before clicking **Save**. Each time you log on, your DPA will show a list of activities on the View DPA Log screen. **To Edit your log, just click on the activity link on the View DPA Log screen.**

Important – The **Logout** icon located at the top of the screen, right hand side of the screen.