

Directions

November 2010

Please answer these questions about your physical activity. Please be honest in your answers. Your results will not be shared with anyone at school.

Part 1. Activities you did YESTERDAY after school

On the next page is a scale that records the main activities you did between 3:00 pm and 10:00 pm

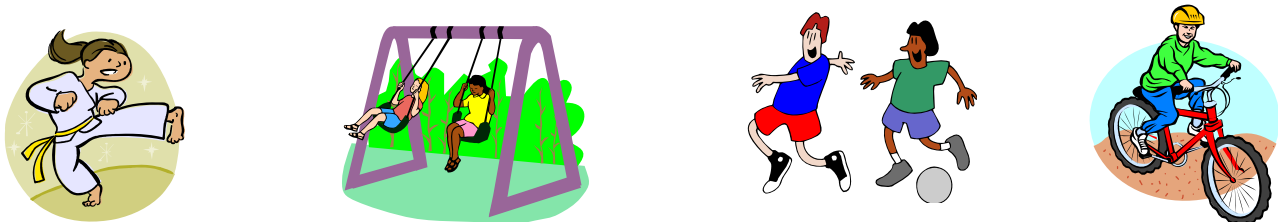
- For each 15 minute period, write the number of the activities you did.
- A list of activities is on Page 3
- Also, tell how physically hard the activity was by placing the number in the column of light, medium, or hard.

For example, if you played with cards yesterday from 3:00 pm to 3:30 pm, write the number 12 (playing cards) in the box 3:00 p.m. and 3:15 pm – it is a *light* activity, so it goes in the first column.

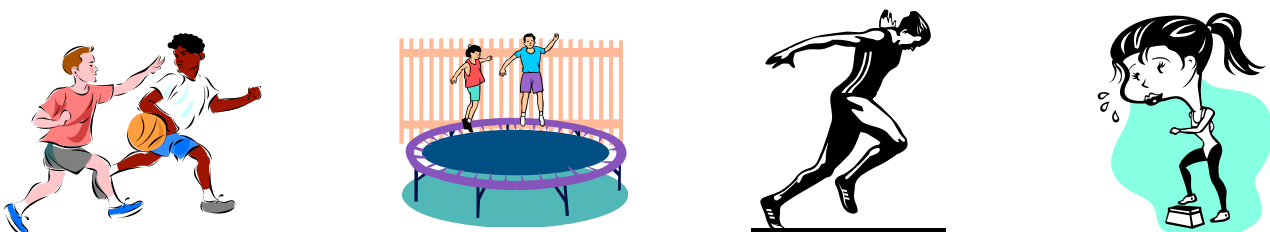
Light & Easy Activity – sitting, slow breathing, little or no body movement



Medium Activity – quick movement, faster body movement and increased breathing



Hard Activity – quick movement and hard breathing, fast body movement and breathing hard for 20 minutes or more



Activity Log

Put a number in the correct column for each time.

Activity numbers are on next page



LIGHT & EASY
ACTIVITY/SITTING




MEDIUM
QUICK MOVEMENT



HARD -
QUICK MOVEMENT &
HARD BREATHING

	LIGHT & EASY ACTIVITY/SITTING	MEDIUM QUICK MOVEMENT	HARD - QUICK MOVEMENT & HARD BREATHING
Example	12		
Example	12		
3:00 pm			
3:15 pm			
3:30 pm			
3:45 pm			
4:00 pm			
4:15 pm			
4:30 pm			
4:45 pm			
5:00 pm			
5:15 pm			
5:30 pm			
5:45 pm			
6:00 pm			
6:15 pm			
6:30 pm			
6:45 pm			
7:00 pm			
7:15 pm			
7:30 pm			
7:45 pm			
8:00 pm			
8:15 pm			
8:30 pm			
8:45 pm			
9:00 pm			
9:15 pm			
9:30 pm			
9:45 pm			
10:00 pm			



Activity List & Numbers

Eating

- 1 Meal
- 2 Snack

Bathing/Grooming

- 3 Resting/Sleeping
- 4 Shower/bath/getting dressed

Transportation

- 5 Riding in a car or bus
- 6 Travel by walking
- 7 Other

School & Homework

- 8 Homework
- 9 House chores

Spare Time

- 10 Watch TV
- 11 Computer games
- 12 Play Cards
- 13 Coloring and other art projects
- 14 Listen to music
- 15 Talk on the phone
- 16 Hang around
- 17 Shopping
- 18 Hobby
- 19 Other

Play

- 20 Kickball, dodge ball, poison ball
- 21 Swinging, playing on slides
- 22 Ride a bicycle
- 23 Go for a walk
- 24 Dance (for fun)
- 25 Swim (for fun)
- 26 Skateboard
- 27 Organized sport
- 28 Other _____

Exercise

- 29 Trampoline
- 30 Go for a walk (fast, breathe hard)
- 31 Jog/run
- 32 Karate, martial arts, etc.
- 33 Lift weights
- 34 Aerobic dance
- 35 Organized sport (baseball, etc.)
- 36 Other _____