

PLEASE DO NOT PUT YOUR NAME ON THIS SHEET

What grade are you in? (Circle one) 6th 7th 8th 9th 10th 11th 12th

Please fill in how much activity you did in the last **SEVEN** days.

Please place your activity into one of the two groups: **NOT EXHAUSTING** or **HEART BEATS FAST**.

Please do **not** record any **LIGHT** activity (such as bowling, golfing with a golf cart, or walking from your car to your house).

- Fill in only the time you did the activity. Do not count breaks and rest periods.
- List the activity that you did (such as walking, running, lifting weights).
- Please the BOX if you did **NOT** do any physical activity during the last seven days.

I did **NOT** do any physical activity in the last seven (7) days.

NOT EXHAUSTING

Examples include brisk walking, lifting weights, pushups, jumping jacks, or sports like doubles tennis, volleyball, water jogging, water aerobics

HEART BEATS FAST

Examples include running, swimming laps, cycling, aerobics, and sports like singles racquetball or tennis, soccer, basketball

	Total Minutes	<u>LIST ACTIVITY</u>
Sun		
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		

	Total Minutes	<u>LIST ACTIVITY</u>