**How Active Am I?**

How active are you generally? (Not at all active, reasonably active, very active)?

Do you usually take part in some moderate to vigorous activity every day? (Activity that makes you breathe harder and feels energetic).

Are you active enough for your age? (Do you take part in 60 minutes of moderate to vigorous activity every day?).

Do you think you are active enough?

What actions could you take to be more active?

My Home Schooling Activity Diary

|  |  |
| --- | --- |
| Monday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Tuesday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Wednesday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Thursday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Friday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Saturday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Sunday | Today I did the following ‘active’ things…  Active things Approximate Number of Minutes |
| Total | The total number of minutes  I have been active this week… |

**Activity goal for next week.**

Next week I am going to try and complete \_\_\_\_\_\_ minutes of activity.

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