

Student Name:

## How Active Am I?

### Part A (40 points, 4 per box)

For 2 days, keep a log of your physical activity using the table below. Remember that physical activity doesn't have to be formal or strenuous exercise. Walking the dog, climbing stairs, practicing the drums, playing a sport, or raking leaves—anything that gets your body moving—counts as a form of physical activity. If you need more space for other activities, write them in the 'More Activities' section providing the same information you did for the other activities. (4 points per box)

Day 1			
Activity:			
How Long? (in minutes):		How intense?(low/moderate/high)	
Activity:			
How Long? (in minutes):		How intense? (low/moderate/high)	
Activity:			
How Long? (in minutes):		How intense? (low/moderate/high)	
Activity:			
How Long? (in minutes):		How intense? (low/moderate/high)	
Activity:			
How Long? (in minutes):		How intense? (low/moderate/high)	
More Activities:			

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**Day 2**

**Activity:**

**How Long? (in minutes):**      **How intense?(low/moderate/high)**

**Activity:**

**How Long? (in minutes):**      **How intense? (low/moderate/high)**

**Activity:**

**How Long? (in minutes):**      **How intense? (low/moderate/high)**

**Activity:**

**How Long? (in minutes):**      **How intense? (low/moderate/high)**

**Activity:**

**How Long? (in minutes):**      **How intense? (low/moderate/high)**

**More Activities:**



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### Part B (30 points, 3 per answer)

Calculate how many minutes of physical activity you got each day. Record your answers below.

<b>Day 1</b>	<b>Low Intensity:</b>		<b>Moderate Intensity:</b>		<b>High Intensity:</b>	
<b>Day 2</b>	<b>Low Intensity:</b>		<b>Moderate Intensity:</b>		<b>High Intensity:</b>	

Recall that the recommendation is at least 30 minutes of moderate-intensity activity each day. Now, answer the questions below.

Did you get some physical activity each day, regardless of intensity level? \_\_\_\_\_

Did you get some moderate-intensity activity each day? \_\_\_\_\_

Did you get 30 minutes of moderate-intensity physical activity each day? \_\_\_\_\_

Did you get more than 30 minutes of moderate-intensity activity each day? \_\_\_\_\_

### Part C (30 points, 10 per bullet point)

Based on the data you collected about your level of physical activity, write a paragraph evaluating your current activity level and making at least one practical recommendation for how you can improve it. In your paragraph, be sure to

- Clearly state your evaluation of your current level of physical activity.
- Offer at least one practical recommendation for how to improve your level of physical activity. (This could involve increasing the intensity of an activity, adding more minutes of physical activity each day, or replacing an activity with one that is more intense.)
- Proofread for correct grammar, spelling, and punctuation.