Score \_\_\_\_\_\_/10

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DUE DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Physical Activity Diary**

☺

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time of Day | Description of Activity  (Type & Intensity Level) | Duration |
| Saturday |  |  |  |
| Sunday |  |  |  |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |

**Questions:**

1. The CDC (see their recommendations on the reverse side) recommends 60 minutes of physical activity per day. How do you feel about the recommendations? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Did you exercise the recommended amount of time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

How much physical activity do children need?

**Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

This may sound like a lot, but don't worry! Your child may already be meeting the *Physical Activity Guidelines for Americans*. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:

1. Aerobic Activity

joggingAerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

2. Muscle Strengthening

weight trainingInclude muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

3. Bone Strengthening

walking Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.