

Put a check next to every activity you did today. Write in activities you did that are not listed.

How active were YOU today?

Today I:

Everyday Activities:

- Took the stairs instead of the elevator/escalator
- Helped around the house
- Picked up my playthings and/or clothes
- Played with my friends/pet
- Did yard work
- Washed a car/bike
- Took out the trash

Strength & Flexibility Activities:

- Climbed/hung/swung
- Jumped rope
- Played tug-of-war
- Stretched my body
- Did somersaults/cartwheels
- Paddled a boat/canoe
- Did martial arts or yoga

Moderate to Vigorous Activities:

- Walked
- Rode my bike
- Swam
- Danced
- Ran
- Skated/skied
- Played basketball/tag/flag football/soccer

Break Activities:

- Danced to some music
- Played with my dog or cat
- Took a walk
- Ran up and down the stairs
