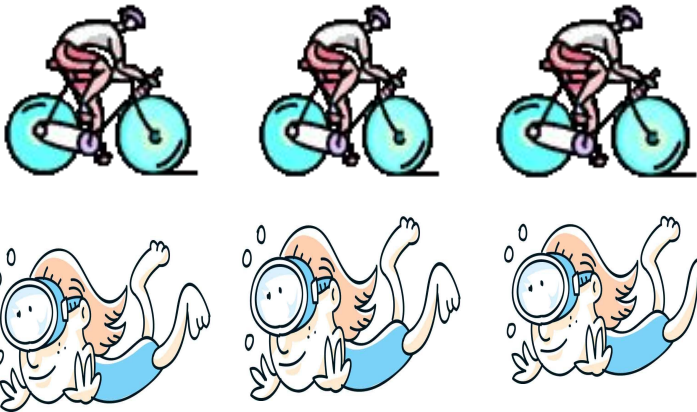


Physical activity can be done at 3 levels of **Intensity**; high, moderate, and low. Be sure to choose daily activities that will balance out these intensity levels for each week based on FITT principles.

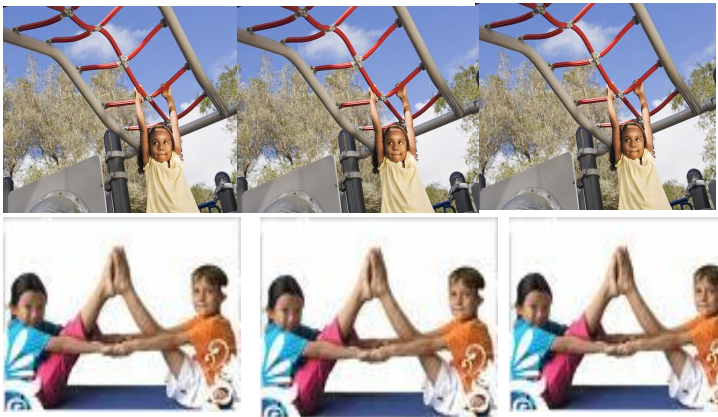
High: Cardiovascular work outs are good for your heart.



Low: Juggling or playing catch helps with hand-eye coordination.



Moderate: Activities like yoga or playing on the jungle gym will help you build strong muscles.



To measure the **Frequency** of your physical activity, place one of these activity stickers on the calendar day where you participate in that **Type** of activity.

Measure and record how much **Time** was spent doing each activity.

Self assessment questionnaire based on F.I.T.T. principles.

At what Frequency did you participate in physical activity this month? (times per week) _____

What Type(s) of physical activity did you enjoy most? _____

How often did you spend 30 minutes doing your chosen activity? (times per week) _____

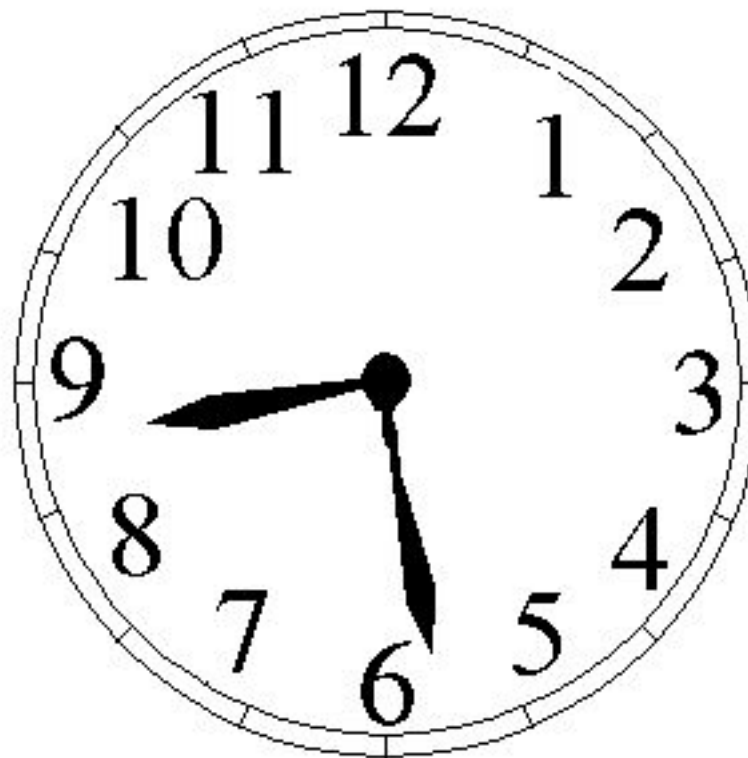
How often did you participate in: (times per week)

High intensity activity? _____

Low intensity activity? _____

Moderate intensity Activity? _____

Do you think you balanced the intensity of your physical activities well throughout the month and why? _____



Every healthy kid should participate in some type of physical activity at least 30 minutes per day, 5 days a week.

