



Physical Activity Scoreboard

Name: _____ Name of your buddy: _____

HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

- To take care of your health and reduce the risk of chronic diseases, you need at least 30 minutes of moderate-intensity physical activity every day.
- To keep you weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If you lost weight and want to keep it off, you need 60 to 90 minutes of moderate-intensity physical activity every day.

WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity gets you up and moving and makes your heart beat faster. Examples include brisk walking, biking, taking the stairs, dancing, and raking leaves. A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.

WHAT IS VIGOROUS-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous-intensity level should be able to say a few words, but can't carry on a conversation.

SETTING MY PHYSICAL ACTIVITY GOAL

- My goal is _____ minutes of moderate/vigorous-intensity physical activity every day. (Examples: 30, 60, or 60+ minutes)
- Three steps I need to take to meet my physical activity goal. (Examples: walk whenever I can; find a buddy to join and support me in my physical activity routine; try new physical activities that will keep me moving)

1. _____ 2. _____ 3. _____

- My reward for meeting my physical activity goal is:
(Examples: share a healthy picnic or meal with my buddy; prepare my favorite healthy recipe to share with my friends and family; go dancing)

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CHARTING MY PROGRESS

You can divide your daily goal into several 10- to 15-minute physical activity breaks and slowly increase the time as you become more active. For each day of the week, fill-in the type of physical activity and amount of minutes you spent doing it. Then total the minutes for each day to see how well you did in meeting your physical activity goal.

PHYSICAL ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Moderate/ Vigorous Physical Activity Every Day	Activity _____ Minutes _____						

WHAT ABOUT STRETCHING AND STRENGTH TRAINING?

- It is good for your health to improve your flexibility and strengthen your muscles 2 to 3 days a week.
- Flexibility can be improved by stretching the muscles in your arms, legs, shoulders, and other parts of your body.
- To strengthen muscles, try leg-lifts, stomach crunches, arm-curls, doing push-ups, use tension bands, or weight lifting.

For each day, fill-in the type of stretching or strength training you did.

PHYSICAL ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretching 2 to 3 Days per Week	Activity _____ _____						
Strength Training 2 to 3 Days per Week	Activity _____ _____						

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