



Activity Levels

Circle the boxes that best describe your level of activity. Your social worker will then talk to you about how to increase activities.

Couch Potato

Help with household chores (make your bed, sweep the floor, etc.).

Help carry groceries or laundry home.

Go for a walk with younger relative or pet around the block.

Exercise during TV commercials (jumping jacks, jump rope, hula hoop).

Play actively for 10 to 15 minutes a day.

Moderate Mover

Actively participate in gym class and recess time

Actively play with friends (tag, sledding, catch, dodge ball, biking, etc.).

Try a team sport (soccer, baseball, basketball, football, etc.).

Be physically active for at least 15 minutes a day.

Olympic Potential!

Join a sports team at school.

Set up your schedule for working out alone or with your friends.

Challenge yourself to excel at one of your favorite activities (skateboarding, dancing, etc.).

Be physically active for at least 30 minutes a day.