

Physical Activity Summary (should total 24 hours)

Sleep	hours
Light activity	hours
Moderate activity	hours
Vigorous activity	hours
Flights of stairs	flights

If you want to increase the amount of moderate or vigorous physical activity in your life, begin by analyzing the amount of time you spend in each intensity category according to the type of activity:

	Light activity	Moderate activity	Vigorous activity
Home and child-care activities	hours	hours	hours
School- or job-related activities	hours	hours	hours
Transportation-related activities	hours	hours	hours
Leisure activities	hours	hours	hours
Exercise/sport activities	hours	hours	hours

Increasing Daily Physical Activity

How much of your time in transportation-related activities and leisure activities is classified as light activity? Transportation and leisure activities are often the areas where it is easiest to substitute moderate activities for light activities. Examples include walking or biking rather than driving for short errands and going for a walk with a friend rather than chatting on the phone; refer to your text for additional suggestions. Below, identify three strategies for boosting physical activity in your daily life:

1. _____
2. _____
3. _____

Can you also identify additional opportunities to climb stairs each day? If so, list them here:

Your next step is to begin to adopt the strategies you've identified to increase physical activity. To monitor your progress, keep a daily journal of your physical activity based on the style of the charts shown in this worksheet.