

Name:

Date:

Get Active

Instructions

Use SuperTracker's Physical Activity Tracker to add all of your physical activity for today. Answer the questions below based on your experience using Physical Activity Tracker. You can access it here:

<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

1. Why is being physically active important?

2. How many minutes of aerobic physical activity should you do in a day? At least _____ minutes

3. How many days a week should you do muscle-strengthening activities? At least _____ days a week

4. How many days a week should you do bone-strengthening activities? At least _____ days a week

5. List 3 muscle-strengthening activities.

6. List 3 bone-strengthening activities.

7. Did you meet your physical activity target today?

Yes

No

8. Did you do any vigorous intensity activities today?

Yes

No

9. Did you do any muscle- or bone-strengthening activities today? What were they?

Muscle-strengthening: _____

Bone-strengthening: _____

10. What's the biggest barrier you face to being more physically active? What are some ways to overcome that challenge?

Biggest Barrier:

Ways to Overcome Barrier:

11. Are there any changes you would like to make to your physical activity habits based on what you learned in this lesson? If yes, what are they?
