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.

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?
    ________________________________
    ________________________________
    ________________________________
    ________________________________