

PHYSICAL ACTIVITY – HOW AM I DOING AND HOW CAN I TRACK MY PROGRESS?

Last month we discussed how much physical activity is recommended for adults. As a reminder, the adult minimum guidelines set by the US Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine are:

- ✓ **At least 30 minutes/day (Children’s daily total should be 60 minutes/day)**
- ✓ **At least 5 days a week**
- ✓ **Everyday activities count**

Some may be able to look at those recommendations and quickly determine if they meet the guidelines. For those who may want to do a more thorough review of how they are doing, you should complete the inventory below.

Physical Activity Inventory – How Am I Doing?

Record the number of times per week and the total minutes per week that you participate in physical activity in the categories listed below. There is space for up to four family members to record their activity level.

	Person #1 _____		Person #2 _____		Person #3 _____		Person #4 _____	
Type of Activity	# of times per week	Total Min per week	# of times per week	Total Min per week	# of times per week	Total Min per week	# of times per week	Total Min per week
Daily household activities								
Leisure activities								
Scheduled exercise								
Team sport or individual sport participation								
Physical Education class								
Total (Add down columns)								
Minimum Recommended Level	5	150 adults 300 kids	5	150 adults 300 kids	5	150 adults 300 kids	5	150 adults 300 kids

Daily household activities = Any manual labor performed doing routine tasks such as mowing the lawn, scrubbing floors, raking leaves, etc.

Leisure activities = Any activities such as bicycling walking the dog, bicycling to the store, etc.

Scheduled exercise = Activities performed during time set aside specifically to exercise such as fitness club visits, regular runs, etc.

Team sport or individual sport participation = Activities related to formal sport participation such as school or club sport teams.

Physical Education class = (formal education and activity in physical education class. Count time active in class in recording minutes, not total class time. State DPI Standards are at least 3 times a week in Grades K-6, ½ credit per year over three separate years in Grades 9-12)