Serve Up a Healthier You – How Active I Am

My goal(s) for the week:

Taking a look at how active we are can help us to find things we can improve about our habits. Think about everything you do to move more each day. Write it down. **Activity** ▪ What did you do – walk, bike, swim, dance, garden, yoga, pilates? ▪ What type of activity - aerobic, flexibility or strengthening? **Amount** ▪ How long did you do the activity - minutes? ▪ How many steps or miles did you go - what was your pedometer or odometer distance? **Time** ▪ When did you do your activity? **Intensity** ▪ How hard did you work, moderate or vigorous - on a scale of 0 (nothing at all) to 11 (maximum effort)? ▪ How did you feel?	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Did you meet your goal(s) for today – yes or no?							

Developed by the Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
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