Directions: Record the number of minutes spent daily on each level of the pyramid. Then chart the number of minutes of activity below.



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|  |  |  |  |  |  |  |

**Everyday Physical Activity Minutes**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|  |  |  |  |  |  |  |

**Recreation Activity Minutes**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|  |  |  |  |  |  |  |

**Strength, Flexibility, Leisure Activity Minutes**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|  |  |  |  |  |  |  |

TV and Computer Games **Non-Activity** Minutes

**Directions:** Chart the daily activity minutes by“Coloring in” or place an “X” in one square for every 10 minutes of physical activity for each day of the week.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weekday | **10 min** | **10 min** | **10 min** | **10 min** | **10 min** | **10 min** | **10 min** | **10 min** | **10 min** |
| **Sunday** |  |  |  |  |  |  |  |  |  |
| **Monday** |  |  |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |