

Name: _____ Grade: _____ Class: _____

FITNESSGRAM® Activity Questions

Aerobic Activity Question:

1. How many of the past 7 days did you participate in physical activity for a total of 30-60 minutes or more over the course of the day? This includes moderate activities (walking, slow bicycling or outdoor play) as well as vigorous activities (jogging, active games or active sports such as basketball, tennis or soccer). Circle # of Days: 0 1 2 3 4 5 6 7

Strength Activity Question:

2. How many of the past 7 days did you do exercises to strengthen you or tone your muscles? This includes exercises such as push-ups, sit-ups or weight lifting. (0,1,2,3,4,5,6,7 days) Circle # of Days: 0 1 2 3 4 5 6 7

Flexibility Activity Question:

3. How many of the past 7 days did you do exercises to loosen up your muscles? This includes exercises such as toe touches, knee bending or leg stretching. (0,1,2,3,4,5,6,7 days). Circle # of Days: 0 1 2 3 4 5 6 7

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