

1. My physical activity at this time

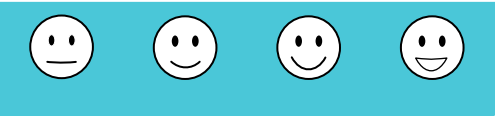
A Physical activity during a normal week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Muscle strengthening and balance training, type							
Vigorous physical activity, type and duration							
Moderate physical activity, type and duration							

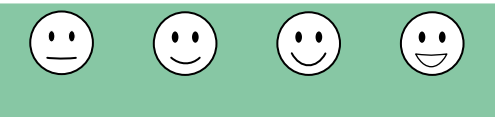
or

C Compare your physical activity with the recommendation. How well did you meet the recommendation?

Not at all Not at all Mostly Completely or exceeded



_____ times

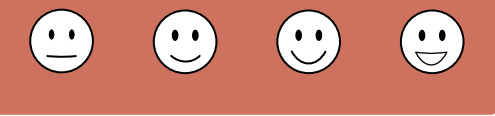
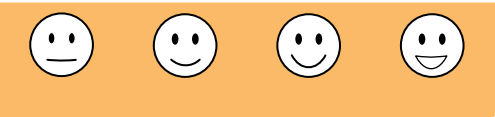


total _____ h _____ min

B Light physical activity, breaks in sedentary behaviour, and sleep on a normal day

Light physical activity, type and duration
Breaks in sedentary behaviour, type and duration
Restorative sleep, hours

Not at all Not at all Mostly Completely or exceeded



2. This is how I intend to be physically active

D I will take the following into account when planning

E Recommendation **F** My plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Muscle strengthening and balance training 2 times/week							
Vigorous physical activity 1 h 15 min/week							
or							
Moderate physical activity 2 h 30 min/week							
Light physical activity as often as possible							
Breaks in sedentary behaviour whenever possible							
Restorative sleep sufficiently							