

Plan for improving physical activity or sleep

Assess your physical activity habits using the online [Physical activity questionnaire](#) for 10–17-year-olds or the [Assess your physical activity](#) online application for people over the age of 18. Compare your habits with [the physical activity recommendation for 7–17-year-olds](#) or [the physical activity recommendation for adults](#). Check the [list of tips in Finnish](#) to support a potential change in your habits.

1 Choose a target for development.

2 Make a plan: set a goal for yourself in your chosen development area.

What concrete actions would help you to reach your goal according to the schedule set with your teacher?

For example • I will choose the stairs instead of the elevator once a day for one week
• I will ride my bike to school twice a week for two weeks • I will increase my sleep by going to sleep 15 minutes earlier on weekdays for two weeks



3 Implement your plan!

4 Finally, assess your success.

Did you reach your goal? yes almost no

What factors helped you make progress?

What factors interfered with your progress?

