

Physical activity week of a fifth-grader

7 h 15 min



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity

time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling				
8	active school day				■ 45 min PE lesson	■ 10 min walking/cycling		
9								
10								
11					■ 20 min recess activity	■ 20 min recess activity	■ 20 min recess activity	■ 20 min recess activity
12						■ 15 min walking hobby		
13							■ 15 min walking	
14	■ 45 min PE lesson	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 60 min physical activity with the family		
15	■ 10 min walking/cycling							
16					■ 10 min walking to a friend's place		■ 15 min cycling to a friend's place	
17		■ 20 min walking a dog	■ 45 min outdoor games					
18					■ 10 min walking home	■ 15 min cycling home		
19								
20	rest and sleep							
21								



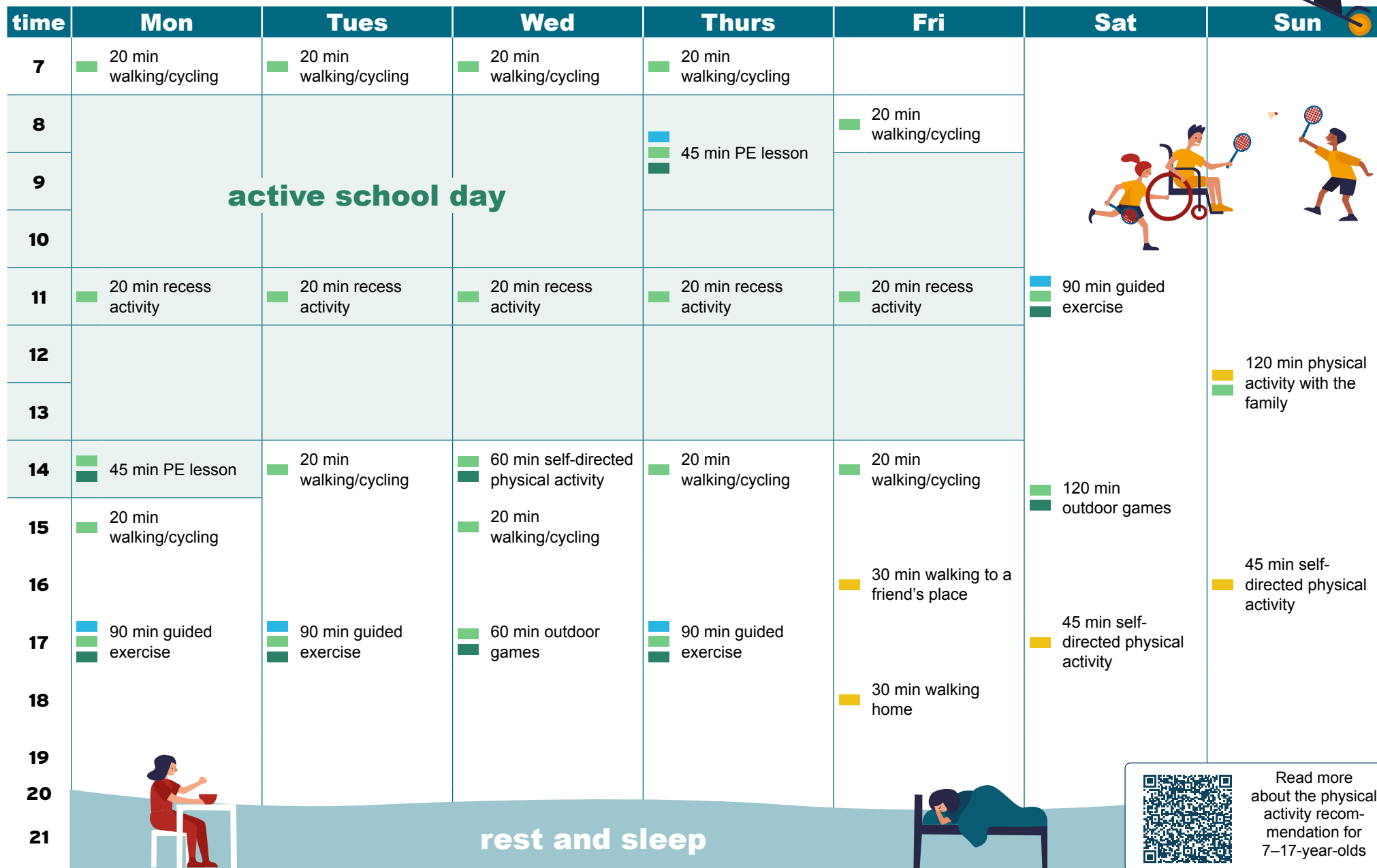
Read more about the physical activity recommendation for 7-17-year-olds

Physical activity week of a fifth-grader who does sports goal-oriented

21 hours



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity







Read more about the physical activity recommendation for 7-17-year-olds

Physical activity week of a eighth-grader


8 hours



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity

time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling				
8	active school day				■ 90 min PE lesson	■ 10 min walking/cycling		
9								
10								
11					■ 20 min recess activity	■ 20 min recess activity	■ 20 min recess activity	■ 20 min recess activity
12						■ 15 min walking hobby		
13						■ 15 min walking		
14	■ 45 min PE lesson				■ 10 min walking/cycling	■ 60 min physical activity with the family		
15	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 10 min walking/cycling				
16					■ 10 min walking to a friend's place		■ 15 min cycling to a friend's place	
17		■ 20 min walking a dog	■ 45 min outdoor games					
18					■ 10 min walking home		■ 15 min cycling home	
19								
20	rest and sleep							
21								





Read more about the physical activity recommendation for 7–17-year-olds

Physical activity week of a eighth-grader who does sports goal-oriented

21 hours



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity

time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
7	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling				
8	active school day			■ 90 min PE lesson	■ 60 min guided exercise ■ 20 min walking/cycling		■ 90 min guided exercise ■ exercise		
9									
10									
11						■ 20 min recess activity			
12								■ 90 min guided exercise ■ exercise	■ 120 min physical activity with the family ■ exercise
13									
14				■ 45 min PE lesson				■ 20 min walking/cycling	■ 90 min outdoor games
15	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling					
16					■ 30 min walking to a friend's place		■ 45 min self-directed physical activity		
17	■ 90 min guided exercise ■ exercise	■ 90 min guided exercise ■ exercise	■ 60 min self-directed physical activity ■ exercise	■ 90 min guided exercise ■ exercise					
18					■ 30 min walking home				
19									
20	rest and sleep								
21									



Read more about the physical activity recommendation for 7–17-year-olds

Physical activity week of a first-grader (secondary education)

7 h 30 min



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity

time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7		■ 10 min walking/cycling	■ 10 min walking/cycling		■ 10 min walking/cycling			
8	active study day							
9								
10								
11								
12								■ 15 min walking hobby
13								■ 15 min walking
14								
15	■ 75 min PE lesson	■ 10 min walking/cycling	■ 10 min walking/cycling	■ 75 min PE lesson	■ 10 min walking/cycling			
16						■ 60 min physical activity with the family	■ 15 min cycling to a friend's place	
17					■ 20 min cycling to a hobby			
18		■ 20 min walking a dog	■ 20 min walking to a hobby		hobby		■ 15 min cycling home	
19			hobby		■ 20 min cycling home			
20		■ 20 min walking with a friend	■ 20 min walking home					
21	rest and sleep							

■ 60 min physical activity with the family
■ 15 min cycling to a friend's place
■ 15 min cycling home



Read more about the physical activity recommendation for 7–17-year-olds

Physical activity week of a first-grader (secondary education) who does sports goal-oriented

21 hours



■ vigorous physical activity
 ■ moderate physical activity
 ■ light physical activity
 ■ muscle- and bone-strengthening activity

time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 15 min walking/cycling	■ 20 min walking/cycling			
8	active study day					■ 120 min guided exercise ■ 20 min walking/cycling		
9								
10								
11								
12								
13							■ 120 min physical activity with the family	
14								
15	■ 75 min PE lesson ■ 20 min walking/cycling	■ 20 min walking/cycling	■ 20 min walking/cycling	■ 75 min PE lesson ■ 20 min walking/cycling	■ 20 min walking/cycling	■ 90 min outdoor games ■ 20 min walking/cycling	■ 30 min self-directed physical activity	
16	■ 20 min walking/cycling			■ 20 min walking/cycling				
17	■ 90 min guided exercise ■ 20 min walking/cycling							
18		■ 90 min guided exercise ■ 20 min walking/cycling	■ 20 min walking to a friend's place ■ 20 min walking home	■ 90 min guided exercise ■ 20 min walking/cycling	■ 90 min guided exercise ■ 20 min walking/cycling			
19								
20								
21	rest and sleep							



Read more about the physical activity recommendation for 7-17-year-olds