

1. My physical activity at this time

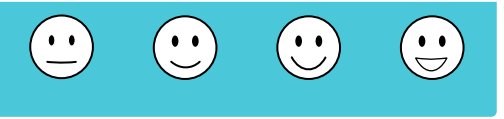
A Physical activity during a normal week

	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							

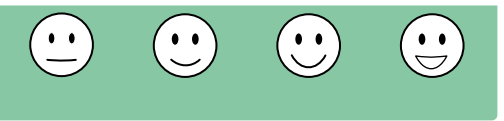
or

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

Not at all Partly Mostly Completely or exceeded



_____ times

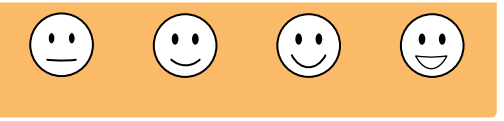


total _____ h _____ min

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 Partly 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							