



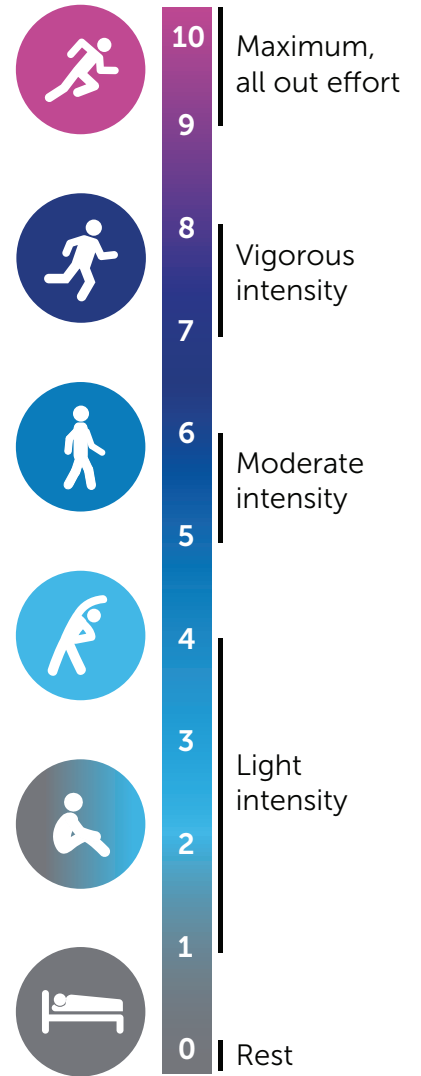
My fitness tracker

Main messages

- Exercise 60 minutes every day.
- Include at least 20-30 minutes of vigorous-intensity exercise 3 or more days per week.

A	B	C	D	E
Day/date	Type of exercise	Exercise intensity level	Minutes for each exercise	Daily totals minutes
Example Sunday 09 / 23 / 21	Shooting hoops	6	30	Total exercise 60
	Boston Children's fit kit Circuit	8	30	Vigorous-intensity alone 30
_____ ____/____/____	1.			Total exercise _____
	2.			Vigorous-intensity alone _____
_____ ____/____/____	1.			Total exercise _____
	2.			Vigorous-intensity alone _____
_____ ____/____/____	1.			Total exercise _____
	2.			Vigorous-intensity alone _____

RPE scale (Rating of Perceived Exertion)



Select your responses

Did I do 60 minutes of moderate- to vigorous-intensity exercise every day?

- Always Mostly Sometimes Never

Did I include 20-30 minutes of vigorous-intensity exercise 3 or more days per week? (This can be within the 60 minutes of daily exercise.)

- Always Mostly Sometimes Never