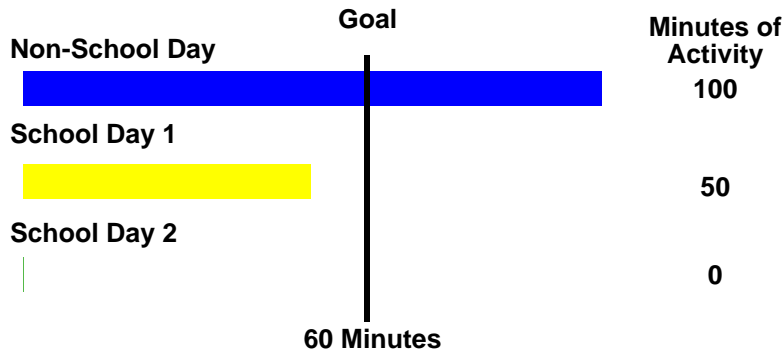


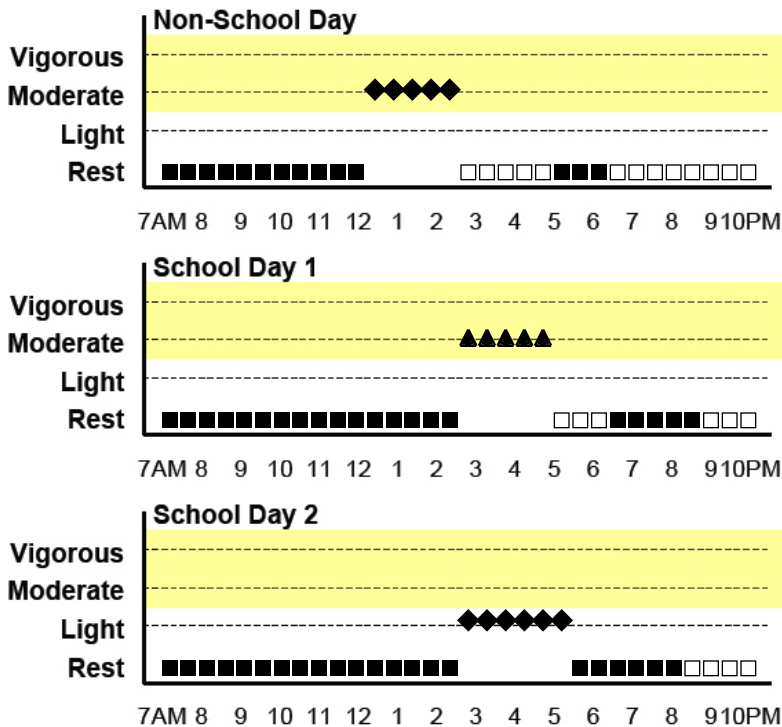
MINUTES OF ACTIVITY



MESSAGES • MESSAGES • MESSAGES

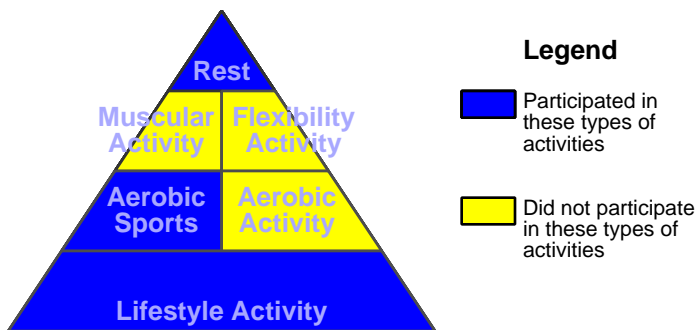
The chart shows the number of minutes that you reported doing moderate (medium) or vigorous (hard) activity on each day. Congratulations, your log indicates that you are doing some physical activity every day. It appears that you make good use of your weekends being active. For optimal fitness and wellness, try to do a bit more activity on weekdays.

TIME PROFILE



The time profile shows the activity level you reported for each 30 minute period of the day. Your results show that you did not do activity during the school day but were occasionally active after school and on the weekend. If it is not possible to be more active during school in PE or recess then try to be more active after school. Keep active to keep fit!

ACTIVITY PROFILE



The activity pyramid reveals the different types of activity that you reported doing over a few days. Your results indicate that you participated in regular lifestyle activity and some aerobic activity. This is great! Try to add some additional activity from the 3rd level of the pyramid.

Your results indicate that you spend an average of 4 hours per day watching TV or working on the computer. While some time on these activities is okay, you should try to limit the total time to less than 2 hours.

ACTIVITYGRAM provides information about your normal levels of physical activity. The ACTIVITYGRAM report shows what types of activity you do and how often you do them. It includes the information that you previously entered for two or three days during one week.