



Jr. Chef Club II

Healthy Lifestyles with MyPyramid

Lesson 1

How Active Am I?¹

Step 1.

- A. Look at the activities below. If your favorite activities are not on the list below, write them in the blank space.
- B. Record the number of minutes of each activity you do in a day.
- C. Add up the total number of minutes in the far right column.



A. Type of ACTIVITY	B. Number of minutes doing the activity							C. TOTAL
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
LIGHT (“Plenty”)								
Walking slowly								
Light housework, house chores								
Light yard work								
Stretching/Warming up								
MODERATE (“More”)								
Walking quickly								
Cycling/Skating slowly								
Playing outside/on playground								
Dancing								
Skateboarding								
Playing with pets								
Tennis								
Mowing lawn								
Gardening or yard work								
VIGOROUS (“Enough”)								
Running/jogging								
Biking/Skating quickly								
Swimming laps								
Aerobics								
Walking very fast								
Heavy yard work								
Weight lifting (vigorous effort)								
Team Sports (competitive)								
Jumping Rope								
Karate or martial arts								
Total for All Activities (minutes)								

Now turn to page 2 to complete Steps 2 & 3.

