

# FIT Activity Record



Write down the activities you usually do in a week. Think about activities you do during school, after school and on weekends. Record everything from watching TV to playing soccer. Then use the FIT formula to complete the chart below.

- Frequency** - how often you do this activity (every day, twice a week)?
- Intensity** - how physically hard is this activity (easy, moderate, hard)?
- Time** - how long you do this activity (how many minutes)?

Activity	Intensity	Frequency & Time						
		MON	TUE	WED	THU	FRI	SAT	SUN
Tennis	Moderate	30		30		30		30

Do you get at least 30 minutes of moderate-to-hard activity every day (activity equivalent to brisk walking)?      YES \_\_\_      NO \_\_\_