



Physical Activity Test

Every day you must fill the Physical Activity Test and put a dash for every unit in each cell of the table. After seven days count the dashes in every line and write the result in the last column.

Season: Spring Summer Autumn Winter

| | Unit | Mond. | Tuesd. | Wednes | Thursd. | Frid. | Saturd. | Sund. | Total: |
|--|---------|-------|--------|--------|---------|-------|---------|-------|--------|
| Active movement ¹ : | | | | | | | | | |
| Walking, riding a bike, riding a scooter, skating, skateboarding and etc. | 15 min. | | | | | | | | |
| Sport at school (physical education lessons) | 15 min. | | | | | | | | |
| Active break: running, skipping, active games and | 15 min. | | | | | | | | |
| Sports clubs (sports schools, sports clubs, trainings) | 15 min. | | | | | | | | |
| Intensive active freetime: games outdoors, cycling, swimming and etc. | 15 min. | | | | | | | | |
| Sleeping | 15 min. | | | | | | | | |
| Sitting (compulsory): at school, doing homework, going by car, by bus (by train), eating and etc. | 15 min. | | | | | | | | |
| Sitting (freetime): Watching TV, video, listening to music, playing computer games, reading and etc. | 15 min. | | | | | | | | |

¹Going to school, shopping, visiting friends, clubs (sports schools, clubs, trainings)

