



My fitness tracker

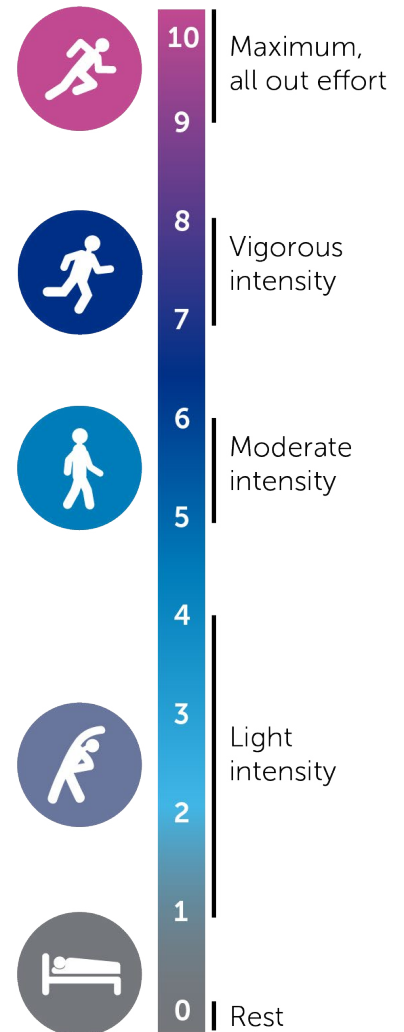
Main messages

- 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	Shooting hoops	6	30	Total exercise 60
Sunday 07 / 20	Boston Children's fit kit Circuit	8	30	Vigorous-intensity 30
_____ ____ / ____	1. _____ 2. _____			Total exercise ____ Vigorous-intensity ____
_____ ____ / ____	1. _____ 2. _____			Total exercise ____ Vigorous-intensity ____
_____ ____ / ____	1. _____ 2. _____			Total exercise ____ Vigorous-intensity ____

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 ☐