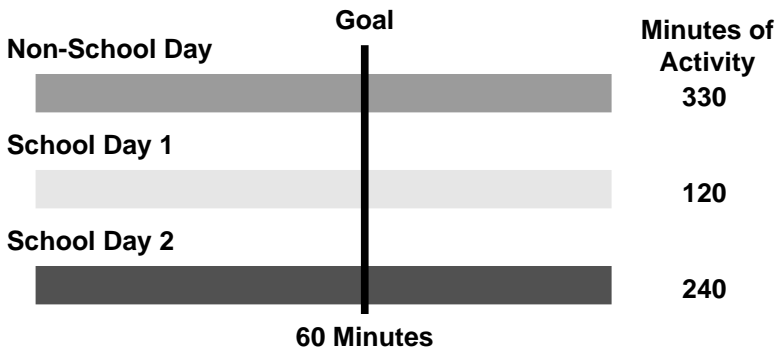


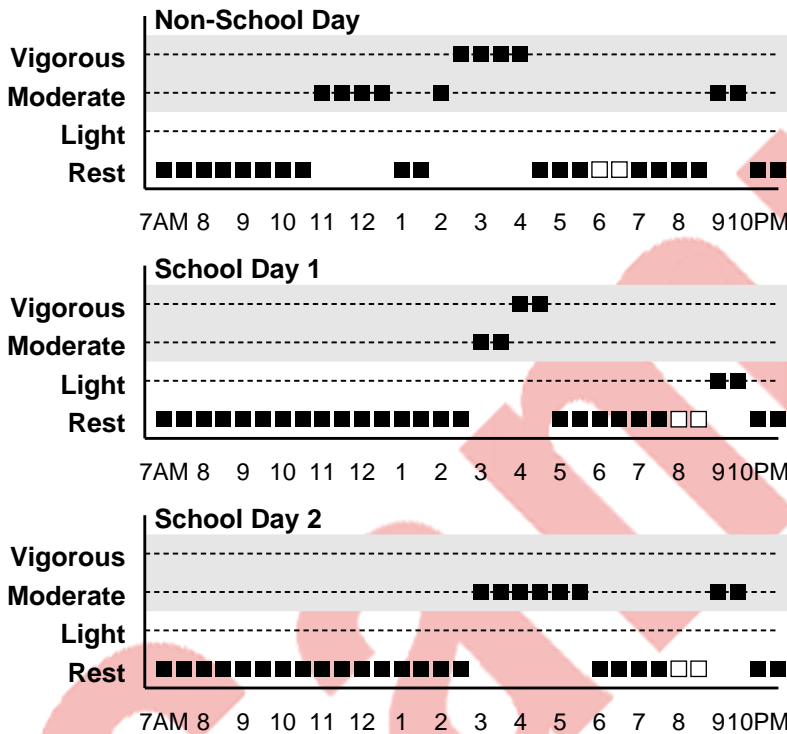
MINUTES OF ACTIVITY



MESSAGES • MESSAGES • MESSAGES

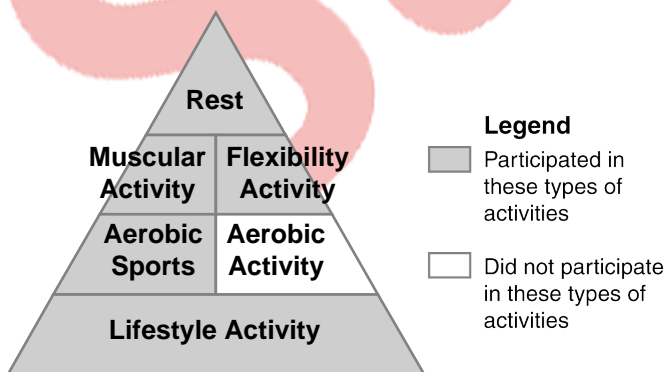
The chart shows the number of minutes that you reported doing moderate (medium) or vigorous (hard) activity on each day. Congratulations, your log indicates that you are doing at least 60 minutes of activity on most every day. This will help to promote good fitness and wellness. For fun and variety, try some new activities that you have never done before.

TIME PROFILE



The time profile shows the activity level you reported for each 30 minute period of the day. Your results show that you were active both during and after school and that you were also active on the weekend. Keep up the good work.

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 as well as some activity from the other levels. This is great! The variety in your program should help you stay active.

Your results indicate that you spend an average of 1 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.