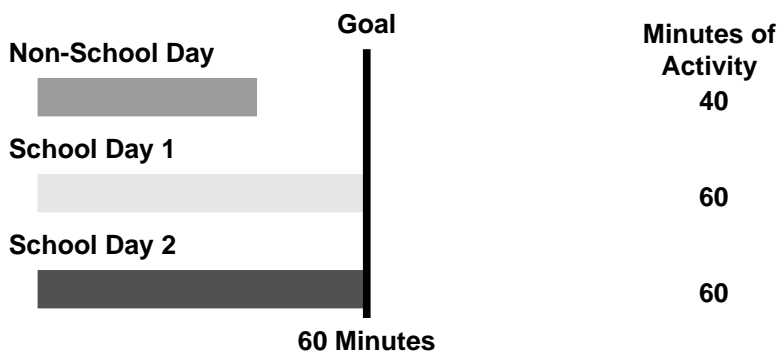


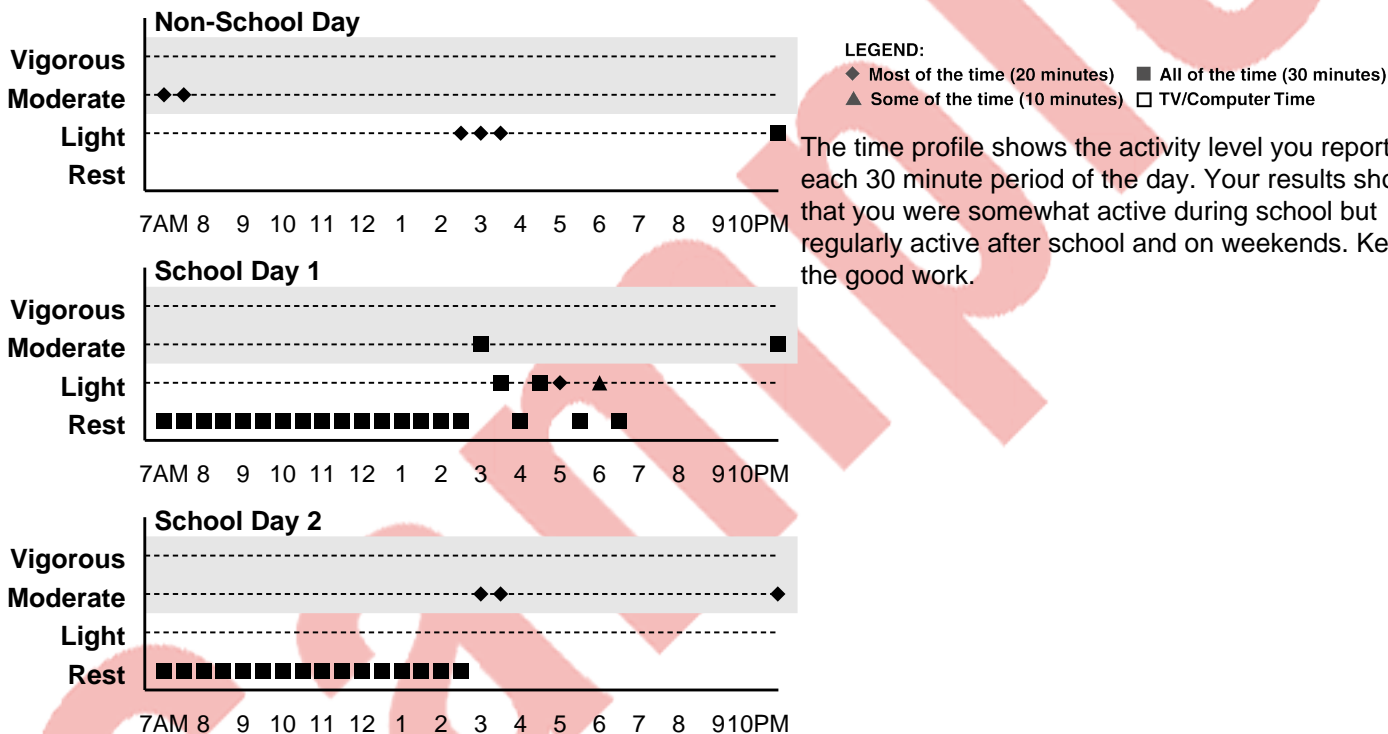
MINUTES OF ACTIVITY



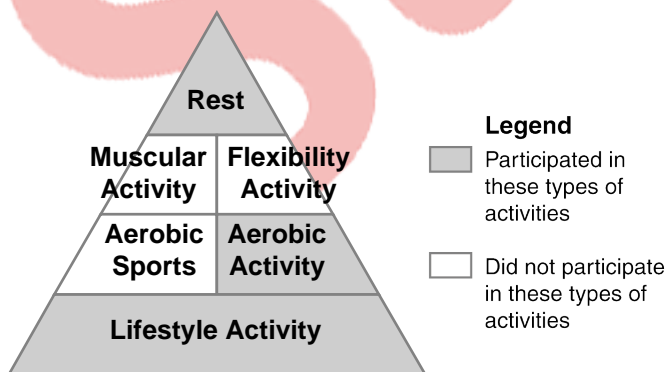
MESSAGES • MESSAGES • MESSAGES

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 on some days. For optimal fitness and wellness perform at least 60 minutes each day. For fun and variety, try some new activities with family and friends on the weekends.

TIME PROFILE



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 and some aerobic activity. This is great! Try to add some additional activity from the 3rd level of the pyramid.

Your results indicate that you spend an average of 0 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.