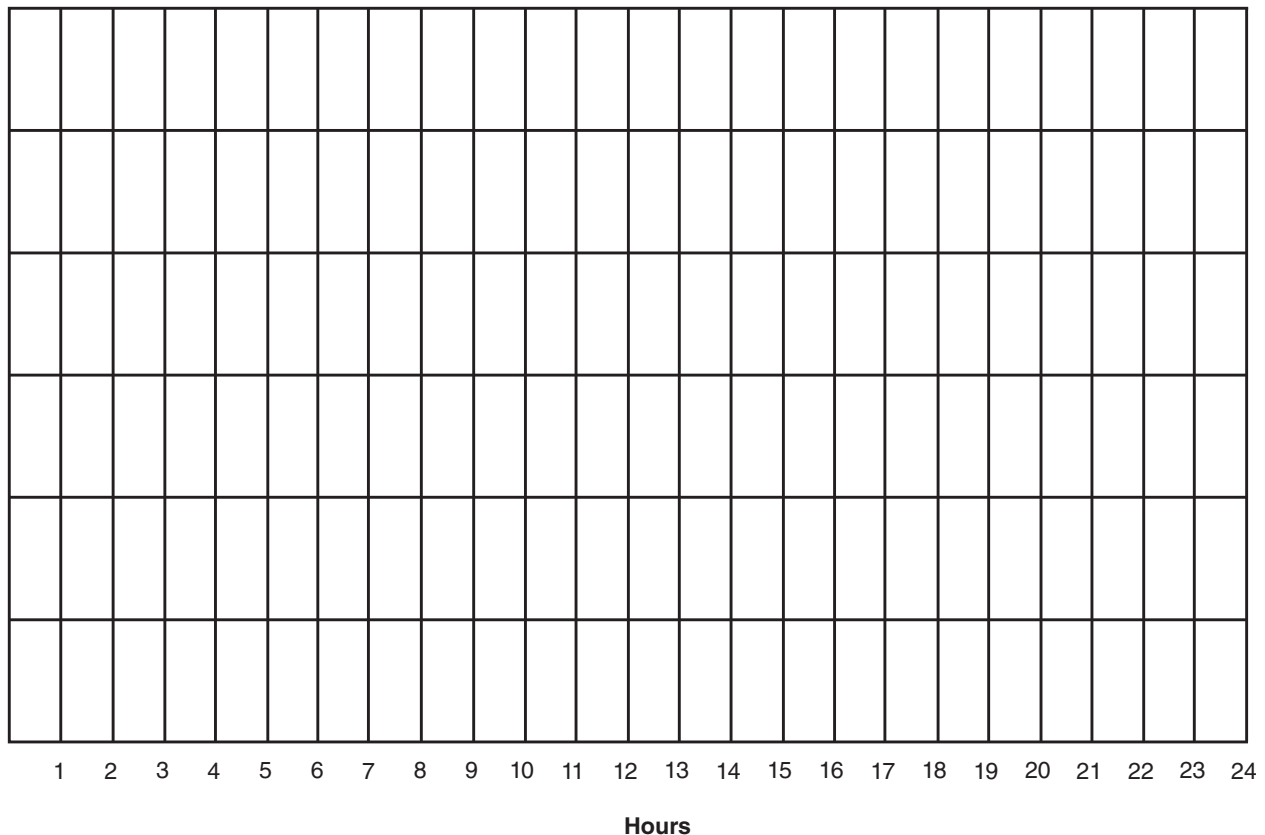


Time to Get Active

Name _____

1. Estimate the number of hours you spend sleeping each day, and the number of hours you spend awake.
2. Estimate how many of your waking hours could be classified as active.
3. Estimate how many of your waking hours could be classified as inactive.
4. Using the blank graph provided, create a bar graph to compare your active waking hours to your inactive waking hours. Use different colored pencils to represent active time and inactive time.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

5. Estimate how much time you have spent watching television and participating in other screen activities in your lifetime. Explain how you came up with your estimate.

6. Do you think you need to increase your active time and decrease your screen time?

(Circle one) Yes No

Write a statement explaining your answer.

7. Remember that it takes a lot of energy to stay active, which is why it's important to get enough sleep! Are your screen habits causing you to get less than the 10 hours of sleep you need?

(Circle one) Yes No