

ACTIVITYGRAM[®]

Dear parents:

Your child is taking part in a take-home physical activity assessment called the ActivityGram. This assessment measures the physical activity levels and patterns of children. The results of this take-home physical activity test will be sent to you as a report that assesses how much physical activity your child is doing and what your child can do to become more physically active.

The feedback from the ActivityGram assessment is based on youth physical activity guidelines set by the Council on Physical Activity for Children (COPEC) and the National Association for Sport and Physical Education (NASPE). These guidelines state that children should accumulate 60 minutes of physical activity per day (more than 60 minutes is strongly encouraged).

The guidelines also state that moderate to vigorous activity should be included for periods of 10 to 15 minutes and that extended periods of inactivity are inappropriate for children of any age. For more information, visit www.cdc.gov/physicalactivity/everyone/guidelines/children.html.

Please help your child complete his or her activity log for two school days and one non-school day by following these instructions:

1. Record the main activity done during each 30-minute time period by writing the activity type and activity number in the table.
2. Evaluate and record how hard the activity felt: light/easy (L), moderate/medium (M), or vigorous/hard (V), and check off the appropriate column that has the correct letter. If the child was resting, the only box that needs to be checked off is in the Rest column.
3. Decide how much time was spent performing the activity: some (S), most (M), or all (A). Write the appropriate letter (S, M, or A) in the Time column.
4. Remind your child to bring the log to physical education class on _____ (insert date).

Thanks for your help!



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PHYSICAL ACTIVITY LOG BOOKLET

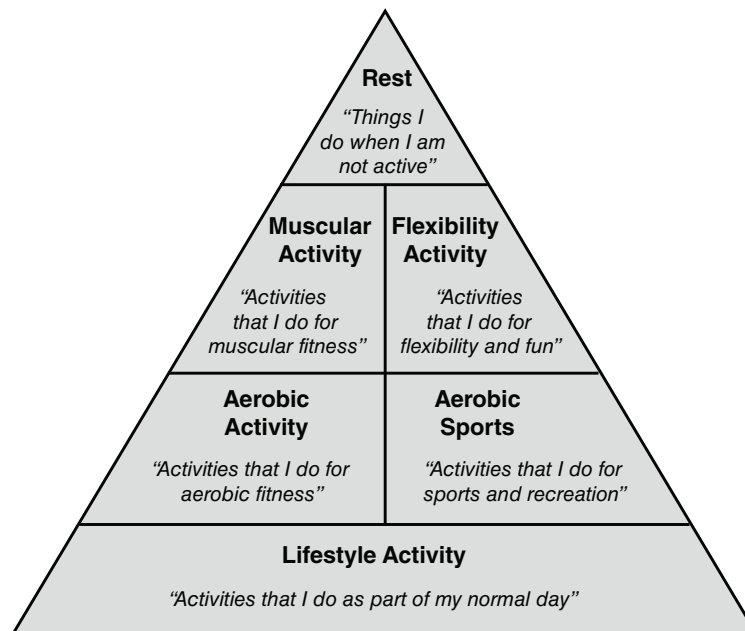
What Is ACTIVITYGRAM?

ActivityGram is a physical activity assessment that tells you how much physical activity you do. Please follow these instructions so that you can determine how active you are during a typical day.

What Do I Need to Do?

For three days (two weekdays and one weekend day) we would like you to record your activities on the following charts. Try to be as detailed as possible in your log. Don't participate in an activity you normally wouldn't do, and don't do more activity than you would normally do just for the sake of the log; just report what you actually did. During your physical education classes next week, you will get to enter your activity logs into the computer. When you complete this, you will get a report of your current level of physical activity. To get accurate results, you will need to keep a good record of your activities on this log.

Use this pyramid as a guide to help identify each category of activity.



The following chart lists many of the activities that you will perform on a regular day. Activity categories include lifestyle activities, aerobic sports, flexibility activities, aerobic activities, muscular activities, and resting. Sample activities are under each one of the activity categories. Most of your day will likely fall under rest, but we would also like to know what types of physical activities you do during the day.

Lifestyle activities Walk, bike, skate Housework or yardwork Active games or play Active job <i>Other lifestyle activity</i>	Aerobic sports Field sports Court sports Racket sports Aerobic sports in PE <i>Other aerobic sports</i>	Flexibility activities Martial arts Stretching Yoga Ballet dance <i>Other flexibility</i>
Aerobic activities Aerobic class or dancing Aerobic gym equipment Aerobic activity Aerobic activity in PE <i>Other aerobic activity</i>	Muscular activities Gymnastics Muscular sports Weightlifting Wrestling <i>Other muscular activities</i>	Resting Schoolwork Computer or TV Eating or resting Sleeping <i>Other rest</i>

ACTIVITYGRAM Assessment—Sample Log

Name _____ Teacher _____ Grade _____ Date _____

Record the main activity that you did during each 30-minute time period by writing the activity type and activity number in the appropriate box (types and numbers can be found in the box located at the bottom of the page). You may have done many things in each 30-minute time period, but try to pick the activity you did for most of the time. Then, check the box that describes how it felt (light/easy (**L**), moderate/medium (**M**), vigorous/hard (**V**)). Note: for all rest activities, use the **Rest** box and you can leave the L, M, or V columns blank. In the Time column, write the amount of time that the activity felt this hard or easy: **S** (some), **M** (most), or **A** (all).

Time	Type	Number	Rest	L	M	V	Time	Type	Number	Rest	L	M	V	Time
7:00	LA	5	X				A	3:00						
7:30	LA	5	X				A	3:30						
8:00	LA	5	X				A	4:00						
8:30	LA	2			X		M	4:30						
9:00	AA	8				X	M	5:00						
9:30	LA	25		X			S	5:30						
10:00								6:00						
10:30								6:30						
11:00								7:00						
11:30								7:30						
12:00								8:00						
12:30								8:30						
1:00								9:00						
1:30								9:30						
2:00								10:00						
2:30								10:30						

Activity Types and Numbers

Lifestyle activity (LA) 1. Walk, bike, skate 2. Housework/yardwork 3. Active games/play 4. Active job 5. Other lifestyle activity	Aerobic sports (AE) 11. Field sports 12. Court sports 13. Racket sports 14. Aerobic sports—PE 15. Other aerobic sports	Flexibility activity (FA) 21. Martial arts 22. Stretching 23. Yoga 24. Ballet dance 25. Other flexibility
Aerobic activity (AA) 6. Aerobic class/dancing 7. Aerobic gym 8. Aerobic activity 9. Aerobic activity in PE 10. Other aerobic activity	Muscular activity (MA) 16. Gymnastics 17. Muscular sports 18. Weightlifting 19. Wrestling 20. Other muscular	Resting (R) 26. Schoolwork 27. Computer/TV 28. Eating/resting 29. Sleeping 30. Other rest

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ACTIVITYGRAM Assessment—Day ① 2 3

Name _____ Teacher _____ Grade _____ Date _____

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7:00								3:00							
7:30								3:30							
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ACTIVITYGRAM Assessment—Day 1 (2) 3

Name _____ Teacher _____ Grade _____ Date _____

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ACTIVITYGRAM Assessment—Day 1 2③

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2:00								10:00							
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