

Physical Activity Questions

- **On how many of the past 7 days did you participate in any aerobic physical activity for 60 minutes or more over the course of a day?** This includes moderate activities as well as vigorous activities. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities.
(0, 1, 2, 3, 4, 5, 6, 7 days) _____
- **On how many of the past 7 days did you participate in physical activity to strengthen or tone your muscles?** This includes exercises such as playing on playground equipment, climbing trees, and playing tug-of-war. Lifting weights and working with resistance bands are also muscle-strengthening activities.
(0, 1, 2, 3, 4, 5, 6, 7 days) _____
- **On how many of the past 7 days did you participate in physical activity to strengthen your bones?** This includes exercises such as running, hopping, skipping, jumping rope, and dancing.
(0, 1, 2, 3, 4, 5, 6, 7 days) _____

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).



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