

# Discover Your Child's Activity Level

<b>Questions</b> (Circle one answer per question and total your points per column at the bottom.)	<b>0</b> POINTS	<b>1</b> POINT	<b>2</b> POINTS	<b>3</b> POINTS
1. How many hours a day does your child spend watching TV or playing video games?	<b>5+</b> HOURS	<b>4-3</b> HOURS	<b>2-1</b> HOURS	<b>0</b> HOURS
2. How many times a week does your child participate in physical activity at school?	<b>0</b> TIMES	<b>1-2</b> TIMES	<b>3-4</b> TIMES	<b>5+</b> TIMES
3. How many times a week does your child participate in physical activity outside of school?	<b>0</b> TIMES	<b>1-2</b> TIMES	<b>3-4</b> TIMES	<b>5+</b> TIMES
4. How many times a week do you participate with your child in physical activity?	<b>0</b> TIMES	<b>1</b> TIME	<b>2</b> TIMES	<b>3+</b> TIMES
<b>Total points _____ = + + +</b>				

This test is for education and entertainment purposes.

**See Your Child's Results  
On The Reverse Side**



# Activity Calendar

\_\_\_\_\_

Name

\_\_\_\_\_

Month

\_\_\_\_\_

Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In vite your neighbor's kids over to play a game of basketball with your children.			Walk around the neighborhood with your family for 30 minutes.			
		Teach your kids your favorite childhood sport.			Aside from ensuring your kids do their homework, ask them if they were active today.	
	Teach your kids how to dance.			Take your kids to a local community center to participate in a physical activity.		
If your kids play soccer, make your lawn a soccer field for them.						Play frisbee at the park with your kids.
	Walk the dog as a family.			Make plans this weekend to try a new activity with your kids.		

If you need more calendars, make copies of this one or download extra copies from [www.NAFS.org](http://www.NAFS.org).

## Your Child's Activity Level

**0-3 points** Your family's current lifestyle may place your children at a higher risk for developing serious health problems like type 2 diabetes, heart disease and obesity.\* Get your children active at least one hour every day to help reduce the health risk.#

**4-8 points** Your current family's lifestyle involves some physical activity, but be sure to keep your kids active one hour every day to help improve their health and their social skills.\*#

**9-12 points** Your children are on the right path for a healthier life. Active children are more likely to have better health and better self-esteem.\* Try to keep your children active one hour every day to enjoy the benefits of physical activity.\*#

\* (Centers for Disease Control and Prevention, 1996)

#(Corbin et al., 1998)

By helping your children take small steps to a more active lifestyle, you'll lead them on the path to a healthier future.