

Check the column that shows how often do you perform the indicated activity

Activity	Everyday	Once in a week	Rarely done	Never
1.Cleaning the house				
2.Walking to the store, church, or school				
3.Playing basketball or any ball games				
4.Playing computer games				
5. Watching TV				
6. Dancing				
7. Sitting and being a couch potato				
8. Playing "larong pinoy"				
9. Stretching				
10. Exercising				

# My Own ACTIVITY PYRAMID

**CUT  
DOWN ON**

*This is your own personal activity pyramid.  
List your physical activities for a week.  
Or, in the spaces provided, draw and  
color a picture of you doing your activity.*

Leisure &  
Playtime

**2-3 TIMES A WEEK**

Strength &  
Flexibility

Aerobic (at least 20 minutes)

**3-5 TIMES A WEEK**

Recreational (at least 20 minutes)

**EVERY DAY** (as often as possible)