

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)