

## **My Physical Activity Worksheet**

- 1. Look at the pyramid below. On the left side of each shelf, write the amount of time you **currently** spend (**each day)** doing various activities.
- 2. On the right hand side of each shelf, write the amount of time you plan to spend on these activities in the future.
- 3. On the right side of the top shelf, write which activities you plan to spend less time doing.

