

# My Activity Pyramid

Name 2 activities that you do each week that you can do LESS of, that you need ENOUGH of, that you need MORE of and that you need PLENTY of!



LESS

1. \_\_\_\_\_
2. \_\_\_\_\_

Sitting Around



ENOUGH

1. \_\_\_\_\_
2. \_\_\_\_\_

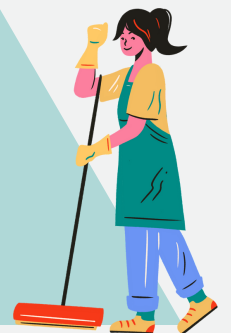
Strength and Stretching Activities



MORE

1. \_\_\_\_\_
2. \_\_\_\_\_

Activities that Get Your Heart Going



PLENTY

1. \_\_\_\_\_
2. \_\_\_\_\_

Every Day Physical activities