



PHYSICAL ACTIVITY (mins)

1. During the past week, did you engage in moderate physical activity for at least 30 minutes on 5 or more days? Yes No

This includes activities that get your heart beating faster like brisk walking, jogging, playing soccer, and doing fitness or dance classes, or exercise videos. These 30 minutes could be all at once or a little at a time.

2. Within the next week, how often will you engage in moderate physical activity for at least 30 minutes a day? Same as before More often

Please share with us how this workshop will help you and your family:

(ITC FY20: physical activity/minutes)



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