

Activity Circle

The goal: get one hour of physical activity, 10 minutes at a time, every day.

Plan to be active! Write down three activities that you would enjoy doing for each category.

The diagram is a circle divided into six equal wedge-shaped sections, each representing a different category for physical activity. The categories are arranged clockwise starting from the top-left: Family, School, Friends, Outside, Chores, and Inside. Each section contains the category name and three horizontal lines for writing down activities.

Category	Activity 1	Activity 2	Activity 3
Family	_____	_____	_____
School	_____	_____	_____
Friends	_____	_____	_____
Outside	_____	_____	_____
Chores	_____	_____	_____
Inside	_____	_____	_____