



Let's Talk About Getting Active

Name

School

How often do you take part in activity?

How often is that activity done outside of school hours?

Do you enjoy taking part in activity?

How important is activity to your physical health?

How important is activity to your happiness?

How often do you use activity as a means of travel (walking, cycling, scooting)?

How important is travel by active means to your day?

What do you think of being active?

How long do you spend sitting per day (time spent sitting at school and home)?

What hobbies do you have?

