



School Day and Weekend Physical Activity Questionnaire

Record your Physical Activity for one school day and one day at the weekend.

You need to:

- describe each activity you did
- decide whether each activity was:
 1. light: which feels easy and involves only a small increase in breathing rate and heart rate
 2. moderate: which feels 'energetic' and makes you feel warm and slightly out of breath
 3. vigorous: which feels 'very energetic' and involves large increases in breathing rate and heart rate
- record the number of minutes you spent doing each Physical Activity
- add up the total number of minutes you were active each day
- answer the 'What do you know and think about your Physical Activity?' questions on the NHSP website.





Date of School Day:

Part of School Day	Activity (e.g. cycling; walking; hockey; dancing)	Light (L), Moderate (M) or Vigorous (V)	Number of Minutes
Before School			
Morning Lessons			
Morning Break			
Lessons After Break			
Lunch-time			
Afternoon Lessons			
After School			
Evening			
Total Minutes of Physical Activity			
Total Minutes of Moderate and Vigorous Activity			



Date of Weekend Day:

Time	Activity (e.g. cycling; walking; hockey; dancing)	Light (L), Moderate (M) or Vigorous (V)	Number of Minutes
7-9am			
9-11am			
11am-1pm			
1-3pm			
3-5pm			
5-7pm			
7-9pm			
9-11pm			
Total Minutes of Physical Activity			
Total Minutes of Moderate and Vigorous Activity			