



Physical Activity— *Take Action!* Registration Form



Welcome to *Take Action!* Please complete this form to register for the program. Your responses will be kept confidential.

1. All About You

Name: _____

Work Phone/E-Mail: _____

Team Name: _____

Gender: Male Female

Age: Under 25 25 - 34 35 - 44 45 - 54 55 or over

Ethnicity: Latino/Hispanic/Mexican-American Asian/Pacific Islander
 African American/Black Caucasian/White Other _____

2. How much physical activity do I get every day?

For the next week, record the number of minutes you are physically active each day. This will help you to set your goal.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Number of Minutes							

3. How much physical activity should I get every day?

- To take care of your health and reduce the risk of chronic diseases, you need at least 30 minutes of moderate-intensity physical activity every day.
- To keep your weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If you lost weight and want to keep it off, you need 60 to 90 minutes of moderate-intensity physical activity every day.

What is moderate-intensity physical activity?

It gets you up and moving and makes your heart beat faster. Brisk walking, biking, taking the stairs, dancing, and raking leaves are examples of moderate-intensity physical activity.

What is vigorous-intensity physical activity?

It makes you breathe hard and sweat. Running, jogging, playing soccer, fast dancing, and fast biking are examples of vigorous-intensity physical activity.

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Physical Activity—

Take Action! Registration Form (continued)



Name: _____

4. My Physical Activity Goal:

Based on how physically active you are right now and how active you would like to be, choose a daily physical activity goal from the table below.

CIRCLE THE GOAL THAT'S RIGHT FOR YOU.

Daily Minutes:	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
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My goal is to be active ____ minutes a day for the next 10 weeks!

Three steps I need to take to meet my goal:

(example: 1. walk whenever I can, 2. try new physical activities that will keep me moving, 3. find a buddy to join and support me in my physical activity routine)

1. _____

2. _____

3. My buddy's name: _____

My reward for meeting my goal is:

(examples: go dancing, plan a fun activity with my family)

Thank You! Please return this form to your Team Captain.