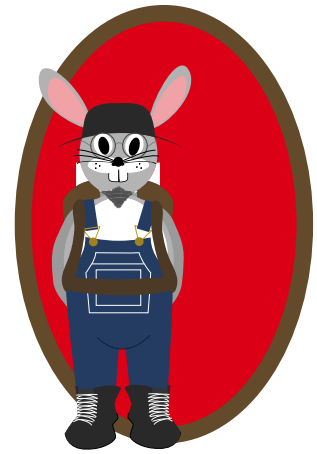


Activity 4

15 Day Move More Physical Activity Calendar

Pre/Post Test



1. How many minutes a day should I exercise and play?

- a. 5 minutes
- b. 15 minutes
- c. 25 minutes
- d. 60 minutes

2. Being active is JUST AS IMPORTANT as eating right.

YES

NO

3. Being active will help me do well in school.

YES

NO

4. Circle the picture that shows a HEALTHY afterschool activity.
(Circle one picture.)

