

Canada Agriculture and Food Museum

Every Activity Counts!



Name:

Date:

In the table below, record all the activities you do during the day, and for how long. Then add up the minutes to see how much time you spend on each activity.

Type of Physical Activity	Duration in Minutes	Moderate to Vigorous, Light, or Sedentary



CANADA AGRICULTURE AND
FOOD MUSEUM
MUSÉE DE L'AGRICULTURE ET
DE L'ALIMENTATION DU CANADA





This lesson plan was produced by the Canada Agriculture and Food Museum.

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