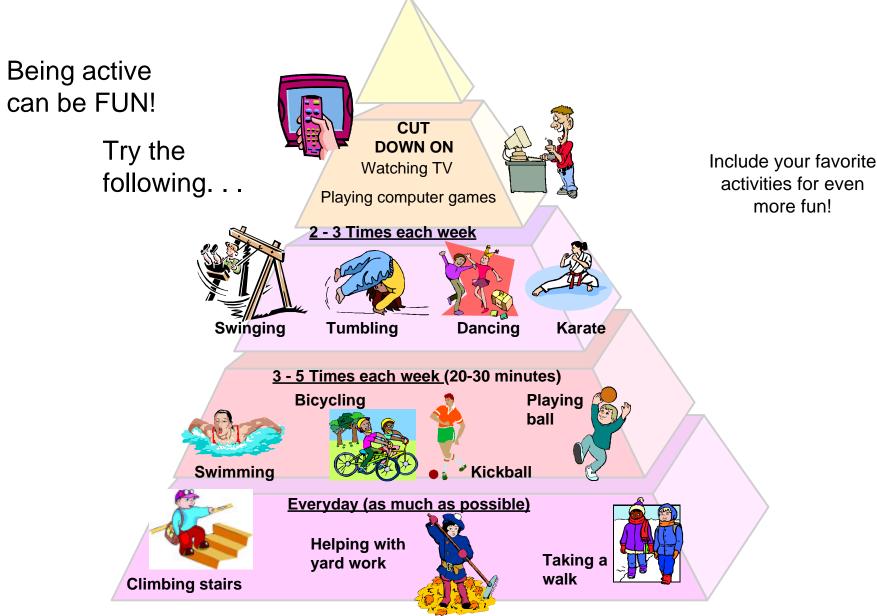
ACTIVITY PYRAMID



MY ACTIVITY PYRAMID

Use this to see how active you are each week. This is **CUT DOWN** just a tool for you to use to ON help you look at your Things I need to activities on a weekly basis. "limit" each week. 2 - 3 Times each week Activities to do each week. 3 - 5 Times each week **Activities to do** each week. **Everyday (as much as possible)** Activities to do each

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week.

AN EQUAL OPPORTUNITY EMPLOYER M/F/H

PAM-ACH 50

