

FITNESSGRAM

ACTIVITYGRAM Logging Chart

Name _____ Age _____ Teacher _____ Grade _____

Record the *primary* activity you did during each 30-minute interval during the day using the list at the bottom of the page. Then select an intensity level that best describes how it felt (Light: "Easy"; Moderate: "Not too tiring"; Vigorous: "Very tiring"). *Note:* All time periods of rest should have "Rest" checked for intensity level.

Time	Activity	Rest	Light	Mod.	Vig.	Time	Activity	Rest	Light	Mod.	Vig.
7:00						3:00					
7:30						3:30					
8:00						4:00					
8:30						4:30					
9:00						5:00					
9:30						5:30					
10:00						6:00					
10:30						6:30					
11:00						7:00					
11:30						7:30					
12:00						8:00					
12:30						8:30					
1:00						9:00					
1:30						9:30					
2:00						10:00					
2:30						10:30					

Categories of Physical Activities

Lifestyle activity	Active aerobics	Active sports	Muscle fitness activities	Flexibility exercises	Rest and inactivity
"Activities that I do as part of my normal day"	"Activities that I do for aerobic fitness"	"Activities that I do for sports and recreation"	"Activities that I do for muscular fitness"	"Activities that I do for flexibility and fun"	"Things I do when I am not active"
1. Walking, bicycling, or skateboarding	11. Aerobic dance activity	21. Field sports (baseball, softball, football, soccer, etc.)	31. Gymnastics or cheer, dance or drill teams	41. Martial arts (tai chi)	51. Schoolwork, homework, or reading
2. Housework or yard work	12. Aerobic gym equipment (stairclimber, treadmill, etc.)	22. Court sports (basketball, volleyball, hockey, etc.)	32. Track and field sports (jumping, throwing, etc.)	42. Stretching	52. Computer games or TV/ videos
3. Playing active games or dancing	13. Aerobic activity (bicycling, running, skating, etc.)	23. Racket sports (tennis, racquetball, etc.)	33. Weightlifting or callisthenics (push-ups, sit-ups, etc.)	43. Yoga	53. Eating or resting
4. Work—active job	14. Aerobic activity in physical education	24. Sports during physical education	34. Wrestling or martial arts (karate, aikido)	44. Ballet dancing	54. Sleeping
5. Other	15. Other	25. Other	35. Other	45. Other	55. Other

FIGURE B.14

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