

How Active Am I?

Check off your time spent on the activities listed. **If you are pregnant, talk to your doctor before starting an exercise program. Ask about the activities that are right for you.**

Activity	1-2 x month	1-2 x week	3-4 x week	Every day
Sedentary (not moving)				
Watching television				
Video games or computer time				
Reading books/magazines				
Going to the movies				
Talking on the phone, texting or using the internet				
Taking a nap				
Active (for everyone—good for pregnancy)				
Walking				
Dancing				
Swimming				
Throwing a Frisbee				
Stretching or prenatal yoga				
Table tennis				
Lifting weights (dumbbells, canned soup, water bottles)				
Yard work (weeding, mowing, raking)				
Housework (dusting, sweeping, vacuuming, mopping, washing windows)				
Cycling on a stationary bike				
Using apps or electronics for physical activity, such as Wii® (if pregnant, this depends on the activity, so ask your doctor about the activity first)				
Jogging or running (usually okay if you ran before you were pregnant, but ask your doctor first)				
Active (do not do if pregnant)				
Skating, skiing or skateboarding				
Jumping rope				
Riding a bike				
Team sports (for example, bowling, basketball, baseball, softball, soccer, football, volleyball)				

Try to have more active and fewer sedentary activities each day. Now complete *My Action Plan for Exercise* to achieve this goal!