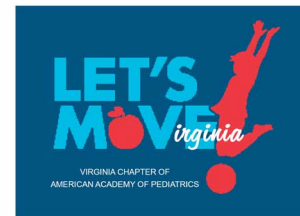


PHYSICAL ACTIVITY AND SCREEN TIME



NAME _____

Initial

Follow-up

Previous WC: _____ Current WC: _____

CURRENT ACTIVITIES:

Screen time Weekdays: _____

Screen time weekends: _____

Pt Motivation: 1 2 3 4 5 6 7 8 9 10

Parent Motivation: 1 2 3 4 5 6 7 8 9 10

PREVIOUS GOALS SET:

- | | |
|--|---|
| -Record steps and all physical activity | - Take _____,000 steps everyday. |
| -Record all physical activity | - Not have any screen time until _____pm. |
| -Walk _____x/week for _____ minutes | - Dance/DDR ^(*) /Wii _____x/week for _____min. |
| -Play outside daily for _____min. | - Look into PA classes/gym membership/camp |
| -Exercise equipment _____x/week for _____ min. | - Other: _____ |
| -Walk home from school | - Other: _____ |

NEW GOALS SET:

- | | |
|--|---|
| -Record steps and all physical activity | - Take _____,000 steps everyday. |
| -Record all physical activity | - Not have any screen time until _____pm. |
| -Walk _____x/week for _____ minutes | - Dance/DDR/Wii _____x/week for _____min. |
| -Play outside daily for _____min. | - Look into PA classes/gym membership/camp. |
| -Exercise equipment _____x/week for _____ min. | - Other: _____ |
| -Walk home from school | - Other: _____ |

EXERCISE ASSESSMENT AND IDENTIFICATION OF BARRIERS:

Readiness Stage: Pre-Contemplation Contemplation Decision Action Maintenance

Physical Activity assessment performed by: _____

Date: _____

^(*)Dance, Dance Revolution