Thank you for being part of the GROW Healthy Kids & Communities family physical activity survey! Your participation helps us better understand family life in rural communities. Here is a summary of your physical activity during the 7 days you wore our activity device.

### minutes of all activity intensity levels

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>120</td>
<td>240</td>
<td>360</td>
<td>480</td>
<td>600</td>
<td>720</td>
</tr>
<tr>
<td>840</td>
<td>960</td>
<td>1080</td>
<td>1200</td>
<td>1320</td>
<td>1440</td>
<td></td>
</tr>
</tbody>
</table>

- **SEDENTARY**: sitting or standing with little movement
- **LIGHT**: standing with some walking or moving around
- **MODERATE**: activity that gets the heart rate up
- **VIGOROUS**: activity that gets the heart rate up and causes rapid breathing

### minutes of moderate + vigorous activity compared to national recommendations

**NATIONAL PHYSICAL ACTIVITY RECOMMENDATIONS**

**CHILDREN**
60 minutes (1 hour) or more moderate/vigorous physical activity per day.
This is equal to between 11,000 and 15,000 steps per day.

**ADULTS**
150 minutes (2.5 hours) or more moderate/vigorous physical activity each week.
That is equal to approximately 10,000 steps per day.

### daily steps taken

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>250</td>
<td>520</td>
<td>780</td>
<td>1200</td>
<td>1000</td>
<td>800</td>
<td>700</td>
</tr>
<tr>
<td>500</td>
<td>1000</td>
<td>1400</td>
<td>2000</td>
<td>1500</td>
<td>1300</td>
<td>1100</td>
</tr>
</tbody>
</table>

**GOAL ZONE**
2500 5000 7500 10000 12500 15000 17500 20000

- **Day 7**
- **Day 6**
- **Day 5**
- **Day 4**
- **Day 3**
- **Day 2**
- **Day 1**

**total minutes 447**

**total steps 77,613**