Box 14.4. Worksheet to record physical, cognitive, and social activities.

Date	Activity	A physical activity? Record time spent		A cognitive activity?	A social activity?
		Moderate	**Vigorous**		
	Totals for the week				

Note: Recommended activity levels per week are: 2½ hours of moderate physical activity, 75 minutes of vigorous physical activity, 12 cognitive activities, and 9 social activities.

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