# Self-Help Analysis

*Directions:* Describe your physical activities. Use the information from your Personal Physical Activity Log, the Reading Passage sections on physical activity, and the article, "Physical Activity and Health." What days of the week or time of day do you do more physical activity? Are your physical activities less vigorous or more vigorous? Can you make them more vigorous? Are you satisfied with the physical activities you are doing? Are there any physical activity changes you would like to make?

## My Physical Activity