



Physical Activity Questions

Aerobic & Strength Exercise Examples



Are you concerned about your child's level of physical activity? ☐ Yes ☐ No

Please provide a brief explanation with either answer you checked above: _____

How many days in a week is your child getting at least 60 minutes (1 hour) of physical activity?

☐ None or less than 1 day ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 or more days

Describe the type of activity, number of hours, and number of days per week your child is being active:

How long has your child been consistently getting 60 minutes of physical activity on 5 or more days each week? ☐ Not currently meeting this exercise goal ☐ Less than 6 months ☐ 6 months or more

Do you plan to integrate more physical activity into your child's daily routine over the next 6 months?

☐ No, not ready yet ☐ Yes, might be ready ☐ Yes, ready to make this change soon

Do you have questions about community resources for exercise? ☐ Yes ☐ No

Please provide any questions for discussion: _____

Kids and teens aged 6-17 need at least 60 minutes of activity each day.



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