

MAKE TIME

Prioritize activities to stay fit

Materials: Worksheets, activity templates, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

There's homework to do and a friend's birthday card to make. You're supposed to take out the trash, clean your room and....

How do you find time to do everything?

You set priorities. Priorities help determine what's important.

What is a priority? A priority is a choice you make. It's something you consider more important than other things.

For example, when you choose to do homework instead of watching TV, you make homework a higher priority than TV.

The same is true when it comes to exercise. Finding the time to exercise won't happen if we don't set priorities.

Let's focus on how we can prioritize our activities to stay fit!

ACTIVITY INSTRUCTIONS

- 1 On the template, check all the activities you do. If you participate in activities not listed, write them on the blank lines under "Other activities I do."
- 2 In the second column on the template, rate how active you think each of your checked activities is using a scale from 1 to 3.
1 = not active 2 = active 3 = very active
- 3 In the third column, decide the priority of each of your activities using low, medium or high.
For example, if you rated an activity 3, it means the activity level is high and you should do it more often. So, it would receive a high priority. Use the examples on the template to help guide you.
- 4 Let's discuss how we can prioritize our activities and find more time for those that are most important for a healthy body.



MY ACTIVITY PRIORITIES

1 = not active

2 = active

3 = very active

	My activities	Activity rating	Activity priority
✓	Watching TV	1	Low
✓	Gymnastics	3	High
	Walking		
	Running		
	Swimming		
	Basketball		
	Baseball		
	Soccer		
	Football		
	Tennis		
	Riding a bike		
	Yard work		
	Jumping rope		
	Playing tag		
	Skateboarding		
	Dancing		
	Yoga		
	Rollerblading		
	Jumping on a trampoline		
	Climbing		

Other activities I do
