

Section 1: Physical Activity Analysis

Part C: Physical Activity Analysis

Click the HOME tab at the top of www.supertracker.usda.gov. Click on Physical Activity Tracker and enter all of the activities you listed on the “Physical Activity for One Day” assignment. After entering the activities for one day, enter all of the Moderate Intensity Equivalent (MIE) activities that you participated in for the entire week.

Click on MY REPORT and Physical Activity Report to answer the following questions:

1. What is your target MIE for weekly aerobic activity? _____ minutes

What was your actual MIE for weekly aerobic activity? _____ minutes

Were these scores reflective of your “normal” schedule?

Respond to one of the two prompts listed below:

I didn't reach my target MIE because.....

I did reach my target MIE because.....

How are vigorous activity minutes calculated in relation to MIE minutes?

Do light intensity activities count toward your MIE?

Is there value in participating in light intensity activity? Explain.

2. What is your weekly target for muscle strengthening activities? _____ days

What was your actual score muscle strengthening activities? _____ days

3. How many MIE minutes are required per week in order to get health benefits and maintain weight? _____ - _____

4. How many MIE minutes are required per week in order to get extensive health benefits, lose weight, and keep weight off? _____ - _____

5. Review your physical activity report and total up the calories burned over one full day of activities. Total calories burned = _____
6. Go back to the *Food Group and Calories* report and find the total number of calories eaten. Total calories eaten = _____
7. Subtract calories burned from calories eaten.

Calories eaten _____ - calories burned _____ = _____

Multiply the answer by 30 to project for one month.

8. Assuming this number is consistent each day over a period of one month, how will your body weight be impacted? (*It may helpful to know that 1 pound of weight is equal to approximately 3,500 calories*)

Click on the **MY PLAN** tab and the **Get Additional Guidance** tab at the bottom of the page to answer the following questions.

9. Physical activity is.....
10. To get health benefits of physical activity, include activities that.....
11. Recommended aerobic activities include.....
12. Recommended strengthening activities include.....
13. What are the recommended physical activity guidelines for the following age groups:
Ages 2-5:
Ages 6-17:
Ages 18 & up:
14. In conclusion, what did this project teach you about your overall diet and your physical activity level? Write a reaction to your individual results in complete sentences. (minimum of 5 sentences)