HYP Health and Wellbeing Reflection
– We Work our Hearts

 **Mission Goal**

This mission is about making it easy for people to be physically active at school and helping people recognise the many benefits of physical activity.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I do at least 60 minutes of moderate to vigorous intensity physical activity every day. | [ ]  | [ ]  | [ ]  |
| I do activities that strengthen my muscles and bones at least three days a week. | [ ]  | [ ]  | [ ]  |
| I am active in my free time. | [ ]  | [ ]  | [ ]  |
| I use every day opportunities to be active such as walking to the shop or carrying things.  | [ ]  | [ ]  | [ ]  |
| I walk or ride at least part way to and from school.  | [ ]  | [ ]  | [ ]  |
| I get active during screen time. For example, doing stretches or weights while watching TV. | [ ]  | [ ]  | [ ]  |
| I help with chores at home. | [ ]  | [ ]  | [ ]  |
| I am active during school or work break times. | [ ]  | [ ]  | [ ]  |
| There are types of physical activity I enjoy. | [ ]  | [ ]  | [ ]  |
| I spend time being active with my friends or family | [ ]  | [ ]  | [ ]  |
| I belong to a local group or team that involves physical activity.  | [ ]  | [ ]  | [ ]  |
| I am open to trying activities I haven't tried before, regardless of my strength or ability. | [ ]  | [ ]  | [ ]  |
| If I have a day where it’s too hard to be physically active for 60 minutes (for example when I am sick), I don’t worry. Tomorrow’s another day.  | [ ]  | [ ]  | [ ]  |
| Being active to be healthy is more important than focussing on my appearance. | [ ]  | [ ]  | [ ]  |
| I get 8 to 10 hours of sleep each night, so I have the energy to be active. | [ ]  | [ ]  | [ ]  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**