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| **Physical Activity** | **Indoors or Outdoors** | **Individual or Team/Group Sport** | **# Times a Week and Duration** | **Moderate or Vigorous intensity** |
| Example:  Soccer | Indoors and outdoors | Team sport | Practices 2x a week (1hr.)  Games 1x a week (2hrs.) | Vigorous intensity |
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| **Sedentary Behaviour** | **Weekly Time Spent** | **Location** | **Reduction Goal** |
| Example: Watching T.V. | Approx. 15 hours | Living Room | Reduce to 10 hours a week |
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