Attachment P: ODPHP Physical Activity Guidelines, 2nd Edition Stimulus Materials for Child Focus Groups

OMB Control Number: 0990-0281

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Submitted to:

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Stimulus Materials for Child Focus Groups

OMB No. 0990-0281 Exp. Date 03/31/2019

Participants will be asked to look at two physical activity related materials during the focus groups. The moderator will ask participants to discuss what they like and don't like about the materials.

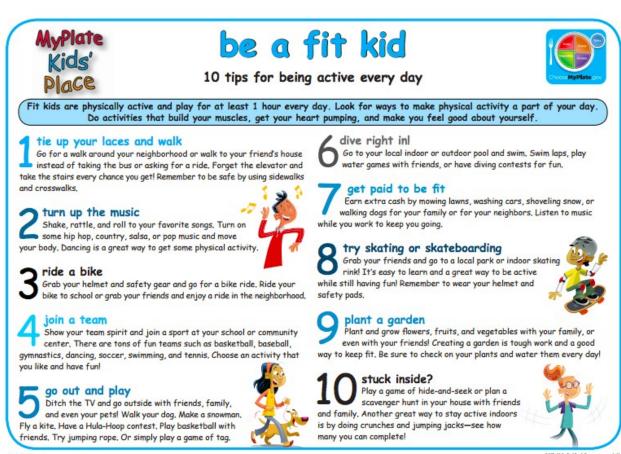
Handout

Be a Fit Kid: 10 Tips for Being Active Every Day

Length: 1 page

Description: Activity suggestions from the USDA for 8-12 year olds

More information from source: "Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself."



Go to www.ChooseMyPlate.gov for more information.

May 2013

Center for Nutrition Policy and Promotion

USDA is an equal opportunity provider and employer.

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Tracker

Length: 1 page

Description: Physical activity tracker from HealthyKids (www.healthykids.nsw.gov.au)

More information from source: "Print this page each week and record your physical activity type

and duration in the table below. Aim for at least 60 minutes each day."

Activity Diary

Print this page each week and record your physical activity type and duration in the table below. Aim for at least 60 minutes each day.

Date:

	Before school / morning	During school / daytime	After school / afternoon	Evening	Total (time)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Video (will only be shown to participants if time allows)

Fuel Up to Play 60 Kickoff Dance

Length: 1:26

Description: Dance video by Fuel Up to Play 60

More information from source: "It's fun. It's catchy. It's the dance you've been waiting for. Learn

more about how to kick off Fuel Up to Play 60 at your school today: http://bit.ly/2x9YIL7"

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