1. How many minutes a day should I exercise and play?
   a. 5 minutes  
   b. 15 minutes  
   c. 25 minutes  
   d. 60 minutes  

2. Being active is JUST AS IMPORTANT as eating right.
   YES    NO

3. Being active will help me do well in school.
   YES    NO

4. Circle the picture that shows a HEALTHY afterschool activity.  
   (Circle one picture.)