□ Moderate to vigorous aerobic physical activity:
   Brisk walking or _______________________________________________________
   Days per week ___________________________ x Minutes per day ________________________
   = Total minutes per week: ____________________ (build up to at least 150)

□ Strength training 2 or more days per week:
   Type of strength training: _______________________________________________________

□ Reduce total sitting time
   from _____________ hours a day to _____________ hours a day

□ Reduce screen time (TV, video games, Internet)
   from _____________ hours a day to _____________ hours a day

□ Other: ________________________________________________________________
   ________________________________________________________________

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**RESOURCES AND FOLLOW-UP**

*Recommended online resources:*

- [www.intermountainlivewell.org](http://www.intermountainlivewell.org)
- [www.intermountainhealthcare.org/wellness](http://www.intermountainhealthcare.org/wellness)
- [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)
- [www.letsmove.gov](http://www.letsmove.gov)

*Referral contact information, if needed:*

   ________________________________________________________________

*Report or follow up:* In _____ weeks / months with ____________________________________________