



PHYSICAL ACTIVITY (mins)

1. During the past week, were you physically active for at least 30 minutes most days?

- Yes
- No

2. Within the next week, how often will you be physically active for at least 30 minutes a day?

- Same as before
- More often

Please share with us how this workshop will help you and your family:

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(ITC 2018: physical activity/minutes)



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