MARK THE CORRECT BOX:

| How many TIMES PE | R WEEK do | you | engage | in | physical | activity | long | enough | to |
|--|-----------|-----|--------|----|----------|----------|------|--------|----|
| perspire heavily (including swimming)? | | | | | | | | | |

- Less than once a week
- ☐ Once a week
- 2-3 times a week
- 4-6 times a week
- 7 or more times a week