

**Activity Quiz**

1. Do you walk or ride your bike to school or another place?
  - a. Yes, every day
  - b. Some days
  - c. No
  
2. Do you play in the playground (doing something active) at school in break times?
  - a. Yes, every day
  - b. Some days
  - c. No
  
3. Do you have sports lessons at school?
  - a. Yes, every day
  - b. Some days
  - c. No
  
4. Do you ride your bike or scooter, or go skateboarding or rollerblading after school?
  - a. Yes, every day
  - b. Some days
  - c. No
  
5. Do you do a sports activity, like football or gymnastics, after school?
  - a. Yes, every day
  - b. Some days
  - c. No
  
6. Do you do another physical activity that makes you breathe harder?
  - A. Yes, every day
  - B. Some days
  - C. No
  
7. How many hours do you spend looking at a screen every day (for fun, not for school or homework), like watching TV, playing computer games, watching videos or chatting with your friends online?
  - a. Less than one hour
  - b. Between one and two hours
  - c. More than two hours