







How Active Was I?

<div></div> <div>I wasn't very active. I didn't give my best effort because</div>	<div></div> <div>I was active, but I had to take breaks and so remained in the moderate intensity zone. I need to work on</div>	<div></div> <div>I was active the whole time, giving my best effort. I was in the vigorous activity zone. I felt</div>