

Q85. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, etc.?

Weighted Column Percents

| | | TOTAL | Grade | | |
|---------------|---------------|-------|-----------|-----------|-----------|
| | | | 6th grade | 7th grade | 8th grade |
| TOTAL | | 100.0 | 100.0 | 100.0 | 100.0 |
| 0 days | | 6.1 | 5.6 | 6.9 | 5.8 |
| 1 day | | 4.3 | 4.4 | 4.3 | 4.3 |
| 2 days | | 7.2 | 7.5 | 6.7 | 7.5 |
| 3 days | | 12.3 | 12.1 | 12.1 | 12.6 |
| 4 days | | 12.3 | 13.2 | 11.4 | 12.2 |
| 5 days | | 15.7 | 14.3 | 15.8 | 16.9 |
| 6 days | | 9.2 | 8.6 | 9.5 | 9.4 |
| 7 days | | 32.9 | 34.3 | 33.3 | 31.2 |
| Female | Total | 100.0 | 100.0 | 100.0 | 100.0 |
| | 0 days | 6.3 | 5.8 | 6.8 | 6.2 |
| | 1 day | 4.9 | 4.4 | 4.8 | 5.3 |
| | 2 days | 8.4 | 8.4 | 7.2 | 9.7 |
| | 3 days | 14.8 | 14.1 | 15.2 | 15.0 |
| | 4 days | 13.9 | 14.8 | 13.0 | 14.0 |
| | 5 days | 17.1 | 15.0 | 17.8 | 18.3 |

| | | | | | |
|-------------|---------------|-------|-------|-------|-------|
| | 6 days | 9.2 | 9.4 | 9.0 | 9.4 |
| | 7 days | 25.4 | 28.1 | 26.2 | 22.1 |
| | Total | 100.0 | 100.0 | 100.0 | 100.0 |
| Male | 0 days | 5.9 | 5.3 | 6.9 | 5.3 |
| | 1 day | 3.8 | 4.5 | 3.8 | 3.2 |
| | 2 days | 6.0 | 6.6 | 6.1 | 5.2 |
| | 3 days | 9.8 | 10.1 | 9.0 | 10.2 |
| | 4 days | 10.6 | 11.6 | 9.8 | 10.4 |
| | 5 days | 14.3 | 13.7 | 13.8 | 15.5 |
| | 6 days | 9.1 | 7.8 | 10.1 | 9.5 |
| | 7 days | 40.5 | 40.4 | 40.4 | 40.6 |

Q85. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, etc.?

Frequencies

| | TOTAL | Grade | | |
|---------------|--------------|------------------|------------------|------------------|
| | | 6th grade | 7th grade | 8th grade |
| TOTAL | 18,419 | 4,635 | 5,263 | 8,521 |
| 0 days | 1,052 | 243 | 326 | 483 |
| 1 day | 777 | 196 | 224 | 357 |
| 2 days | 1,269 | 327 | 333 | 609 |
| 3 days | 2,149 | 538 | 584 | 1,027 |

| | | | | | |
|------------------------|------------------------|-------|-------|-------|-------|
| 4 days | | 2,194 | 588 | 587 | 1,019 |
| 5 days | | 2,857 | 626 | 826 | 1,405 |
| 6 days | | 1,625 | 374 | 462 | 789 |
| 7 days | | 5,782 | 1,483 | 1,721 | 2,578 |
| Refused/Unknown | | 714 | 260 | 200 | 254 |
| Female | Total | 9,293 | 2,305 | 2,681 | 4,307 |
| | 0 days | 551 | 123 | 166 | 262 |
| | 1 day | 450 | 99 | 131 | 220 |
| | 2 days | 760 | 183 | 191 | 386 |
| | 3 days | 1,306 | 308 | 370 | 628 |
| | 4 days | 1,239 | 330 | 323 | 586 |
| | 5 days | 1,555 | 329 | 460 | 766 |
| | 6 days | 857 | 206 | 244 | 407 |
| | 7 days | 2,248 | 611 | 691 | 946 |
| | Refused/Unknown | 327 | 116 | 105 | 106 |
| Male | Total | 9,126 | 2,330 | 2,582 | 4,214 |
| | 0 days | 501 | 120 | 160 | 221 |
| | 1 day | 327 | 97 | 93 | 137 |
| | 2 days | 509 | 144 | 142 | 223 |
| | 3 days | 843 | 230 | 214 | 399 |
| | 4 days | 955 | 258 | 264 | 433 |
| | | | | | |

| | | | | |
|------------------------|-------|-----|-------|-------|
| 5 days | 1,302 | 297 | 366 | 639 |
| 6 days | 768 | 168 | 218 | 382 |
| 7 days | 3,534 | 872 | 1,030 | 1,632 |
| Refused/Unknown | 387 | 144 | 95 | 148 |