

EXERCISE: RATE YOUR ACTIVITIES

Least difficult	Medium difficulty	Most difficult
<i>Examples:</i> <i>Walk to the end of the road</i> <i>Text a friend</i>	<i>Examples:</i> <i>Walk to local shop just around the corner</i> <i>Read for twenty minutes</i>	<i>Examples:</i> <i>Go to the park for half an hour's walk</i> <i>Send an important email</i>