**Title**

Physical Equipment Inventory

**Time**

Pre-session preparation for learners: 5 minutes

Session:  20 minutes

**Materials Checklist**

Physical Equipment Inventory

Pen/Pencil

**Objectives**

To evaluate home physical activity equipment

**Learners will be able to:**

Create a list of home physical activity equipment

Use the list of home physical activity equipment to develop a future Physical Activity

Action Plan

**Exercises and Activities to Complete Before and During the Session**

Physical Equipment Inventory

**Pre-session Preparation**

**Read (5 minutes)**

Physical Equipment Inventory

**During the session**

**Present/Review (5 minutes)**

The physical activity inventory form was developed to identify what equipment is already

in, or around the home that could be incorporated into the action plan.

**Discuss (10 minutes)**

Ask the participants what types of physical activity equipment they identified in their home.

Discuss what types of equipment could be used to develop a future Physical Activity Action Plan.