

Caregivers Promoting Healthy Habits Physical Activity Rubric		Center:
		Rater:
Infants		
2	A. How often does tummy time appear on infant schedules?	
	0	Never
	1	4 or fewer days per week
	2	5 days per week
Toddlers		
2	B. How many total minutes of structured physical activities are scheduled for the week?	
	0	0-74 minutes per week
	1	75-149 minutes per week
	2	150+ minutes per week (30+ minutes, 5 days per week)
2	C. How many total minutes of physical activity are scheduled for the week?	
	0	0-299 minutes
	1	300-449 minutes
	2	450+ minutes (90+ minutes, 5 days per week)
2	D. How many total minutes of screen time are scheduled for the week?	
	0	Any screen time for 1 year olds and/or over 120 minutes per week for 2 year olds
	1	Never for 1 year olds, 120 minutes or less per week for 2 year olds
	2	Never for 1 year olds, 30 minutes or less per week for 2 year olds

Preschoolers		
2	E. How many total minutes of structured physical activities are scheduled for the week?	
	0	0-149 minutes for full time; 0-74 minutes for part-time (including Pre-K and Head Start)
	1	150-299 minutes for full-time; 75-149 minutes for part-time (including Pre-K and Head Start)
	2	300+ minutes (60+ minutes per day) for full-time; 150+ minutes for part-time (including Pre-K and Head Start)
2	F. How many total minutes of physical activity are scheduled for the week?	
	0	0-449 minutes for full time; 0-224 minutes for part-time (including Pre-K and Head Start)
	1	450-599 minutes for full time; 225-299 minutes for part-time (including Pre-K and Head Start)
	2	600+ minutes (120+ minutes per day) for full time; 300+ minutes for part-time (including Pre-K and Head Start)
2	G. How many total minutes of screen time are scheduled for the week?	
	0	121+ minutes per week
	1	31-120 minutes per week
	2	30 minutes or less per week
14	Total Score: /	Percent
Comments:		

This rubric was developed by Bright from the Start: Georgia Department of Early Care and Learning in collaboration with Georgia State University with funding from USDA Team Nutrition. USDA is an equal opportunity provider and employer.



Structured physical activities: adult-led activities such as pat-a-cake, roll the ball, sports (kickball, t-ball, etc), mother may I, Simon says, musical chairs, and music and movement activities.

Unstructured physical activities: activities that are considered “free play” such as free-dancing to music, playing with walking toys, tricycles/bikes, playground

Screen time: includes watching TV or movies, or playing computer or video games.