

**APPENDIX 6**

Category of Activities as per FAO/WHO (1985)

Light Activities	Moderate Activities	Heavy Activities
<ul style="list-style-type: none"><li>• Watching TV</li><li>• Eating</li><li>• Indoor play</li><li>• School hours</li><li>• Tuition hours</li><li>• Playing computer</li><li>• Video games</li></ul>	<ul style="list-style-type: none"><li>• Cycling</li><li>• Walking</li></ul>	<ul style="list-style-type: none"><li>• Gym</li><li>• Exercise</li></ul>