

LESS ACTIVE

LESS THAN AN AVERAGE OF
30 MINUTES A DAY

35.4%

FAIRLY ACTIVE

AN AVERAGE OF 30-59
MINUTES A DAY

18.4%

ACTIVE ACROSS THE WEEK

AN AVERAGE OF 60+
MINUTES A DAY BUT NOT
EVERY DAY

25.5%

ACTIVE EVERY DAY

60+ MINUTES EVERY DAY

20.3%

PRIMARY

LESS ACTIVE

LESS THAN AN AVERAGE OF
30 MINUTES A DAY

39.3%

FAIRLY ACTIVE

AN AVERAGE OF 30-59
MINUTES A DAY

15.5%

ACTIVE ACROSS
THE WEEK

AN AVERAGE OF 60+
MINUTES A DAY BUT NOT
EVERY DAY

22.2%

ACTIVE EVERY DAY

60+ MINUTES EVERY DAY

23.0%



SECONDARY

LESS ACTIVE

LESS THAN AN AVERAGE OF
30 MINUTES A DAY

31.0%

FAIRLY ACTIVE

AN AVERAGE OF 30-59
MINUTES A DAY

22.4%

ACTIVE ACROSS
THE WEEK

AN AVERAGE OF 60+
MINUTES A DAY BUT NOT
EVERY DAY

30.3%

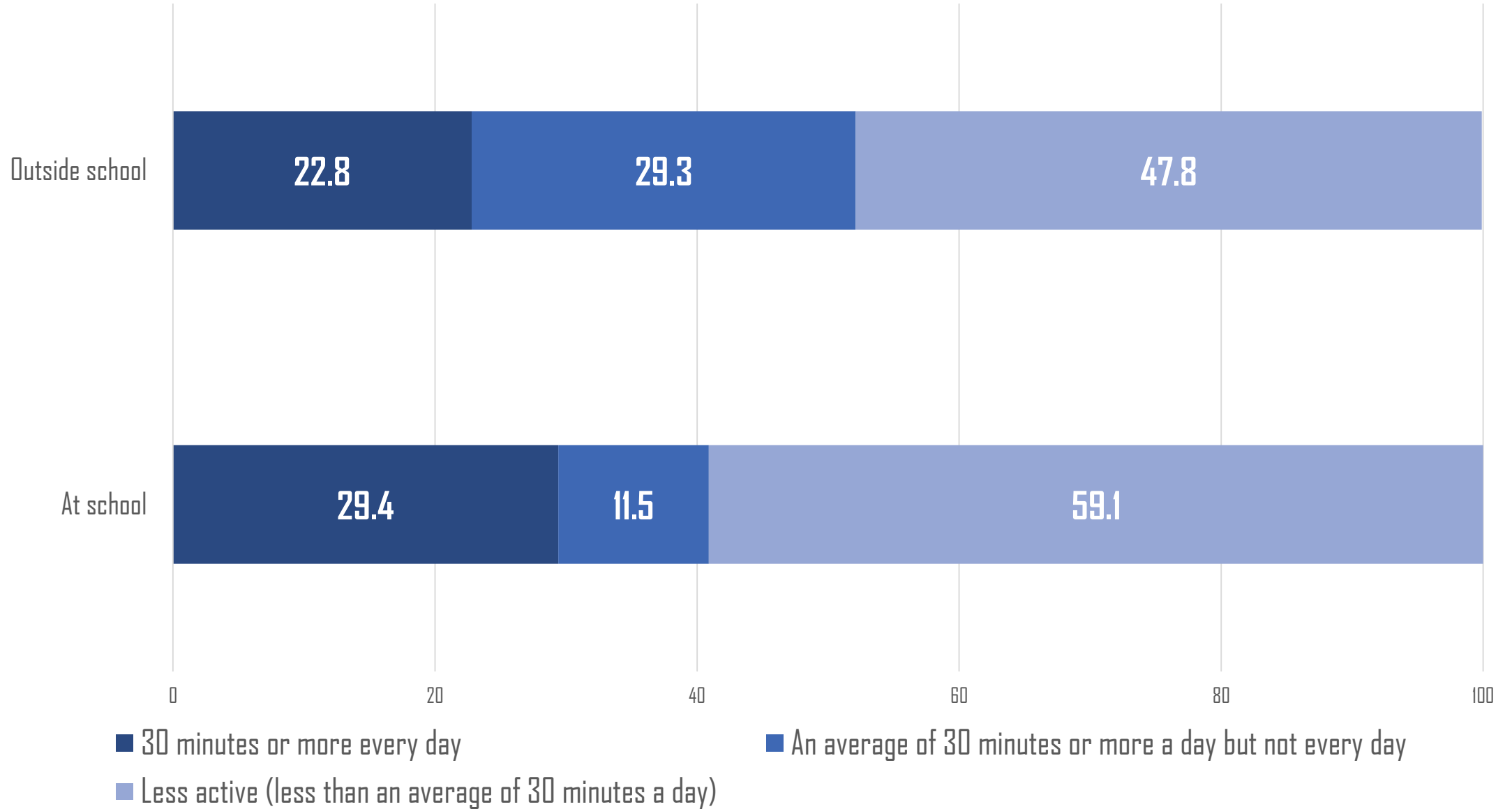
ACTIVE EVERY DAY

60+ MINUTES EVERY DAY

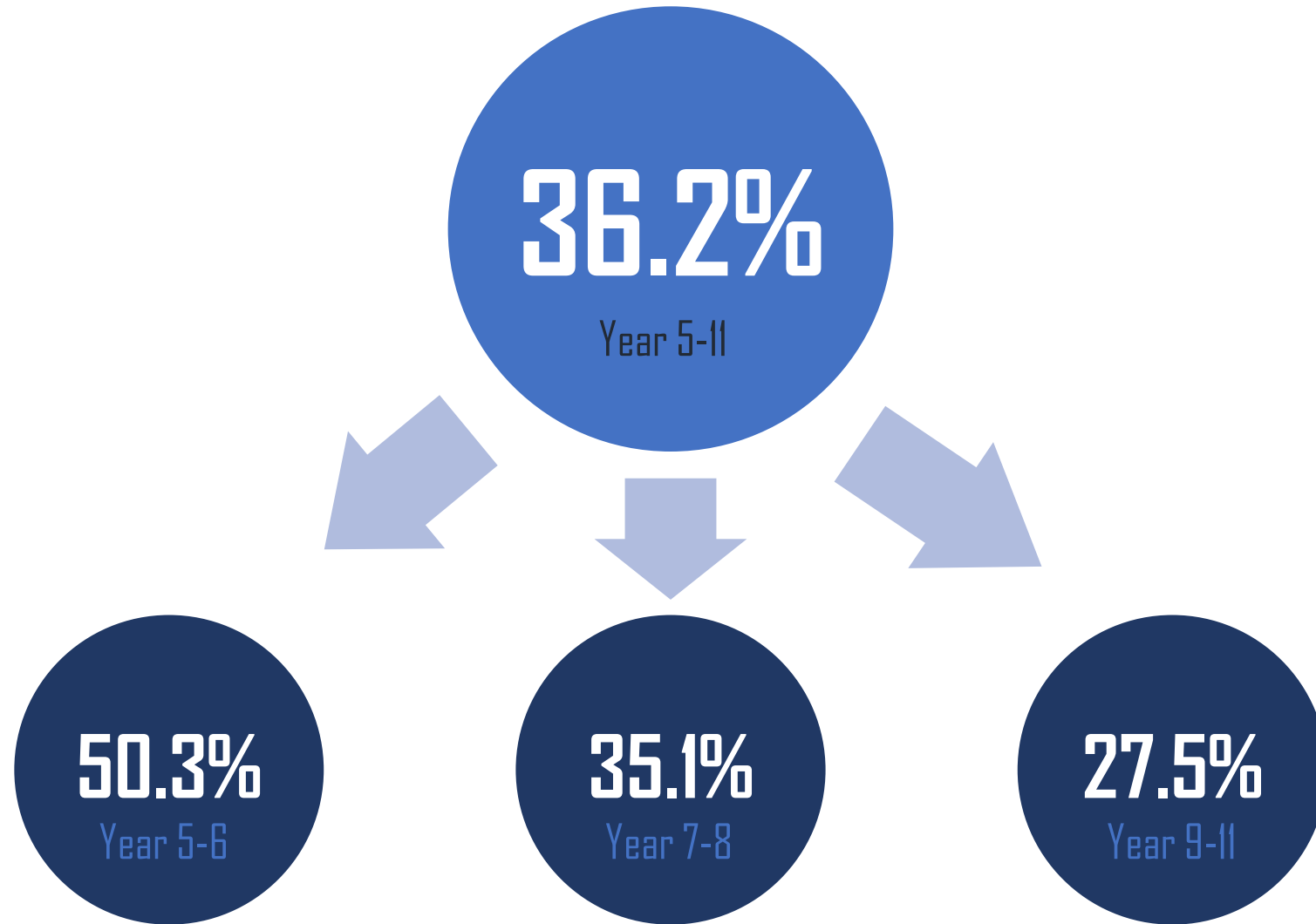
16.4%



ACTIVITY LEVELS



Volunteered at least twice in the last 12 months



How do you feel today? (Year 1-2)



72.9%



19.8%



N/A

How happy did you feel yesterday? (Year 3-11)

Estimate (Out of 10)



Year 7-11

To what extent are the things you do in your life worthwhile?



How satisfied are you with life nowadays?



"If I find something difficult, I keep trying until I can do it"

90%

A LOT OR A BIT

"How much do you feel you can trust people who are a similar age to you?"

82.2%

A LOT OR A BIT