

My Physical Activity Checklist

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| Base Level | | |
| 1. I leave my house once a week or less. | True | False |
| 2. I do not participate in leisure activities that require physical movement, such as shopping or gardening. | True | False |
| 3. Someone else does my housework, yard work and cooking. | True | False |
| 4. I mostly read and watch TV. | True | False |
| LEVEL 1 | | |
| 5. I leave the house at least twice a week. | True | False |
| 6. I participate in at least one leisure activity that involves movement. | True | False |
| 7. I do at least one household chore or yard work every day. | True | False |
| LEVEL 2 | | |
| 8. I leave the house more than twice a week. | True | False |
| 9. I wheel or walk places sometimes instead of using other transportation. | True | False |
| 10. I park farther away from places than I need to. | True | False |
| 11. I participate in a couple of leisure activities that require physical movement, such as shopping and gardening. | True | False |
| LEVEL 3 | | |
| 12. I do some sort of physical activity for 5 to 10 minutes, three or more days a week. | True | False |
| 13. I participate in leisure activities involving movement at least once a week. | True | False |
| 14. I rarely skip physical activity because I am too busy. | True | False |
| LEVEL 4 | | |
| 15. When I am physically active, I am active for at least 20 minutes a day (not necessarily all at one time.) | True | False |
| 16. I schedule physical activity into my day at least three days a week. | True | False |
| 17. At least three times a week I do light-to-moderate physical activity to increase my heart rate. | True | False |
| 18. I rarely let myself skip physical activity by saying I am too busy. | True | False |
| LEVEL 5 | | |
| 19. I am physically active for an average of at least 30 minutes a day, five to six days a week. | True | False |
| 20. When I am active, I try to get my heart rate up to the recommended number of beats per minute for my age. | True | False |
| 21. I plan physical activity into almost every day. | True | False |
| 22. I work on muscle strength and flexibility as well as on aerobic conditioning. | True | False |
| 23. I try to balance my lean-muscle to body fat ratio. | True | False |