

Physical Activity Assessment

Scoring the Physical Activity Level

An individual's Physical Activity Level is based on his/her responses to questions about exercise habits and occupation related physical activity. The questions are found in the General Questionnaire - Physical Activity, Sections A through C. The Physical Activity Level is used to estimate an individual's daily "calories out" for physical activity.

1. Use the chart below to determine the *Total Minutes of Physical Activity per Week*.

- If there is a "Yes" response to performing the activity, multiply as follows:
Workouts/Week x Average Duration/Workout = Minutes of Activity/Week
- Add the *Minutes of Activity/Week* for all activities to obtain the *Total Minutes of Activity/Week*

Section A: Aerobic Activities	Workouts/Week	Average Duration/ Workout	Minutes of Activity/ Week
Walking			
Jogging/Running			
Treadmill			
Bicycling (Outdoors)			
Stationary Cycling or Other Aerobic Machine			
Swimming Laps			
Aerobic Dance or Floor Exercises			
Racquet Sports (Racquetball, Tennis)			
Section B: Muscle Strengthening Activities	Workouts/Week	Average Duration/ Workout	Minutes of Activity/ Week
Calisthenics, Free Weights, Weight Training Machines, and/or Other			

Total Minutes of Activity/Week _____

2. There are four levels for Physical Activity Level as shown in the third column of the chart below. To determine an individual's Physical Activity Level, select the highest level from the column Total Minutes of Activity/Week and the highest level from the column Response to Section C. Use the Physical Activity Level for the higher of the two levels described in the first two columns.

I. Total Minutes of Activity/Week (From Sections A & B)	II. Response to Section C: Occupation Related Physical Activity	III. Physical Activity Level
Aerobic Activities = No and Muscle Strengthening Activities = No	Sedentary	Very Light Men = 1.3 Women = 1.3
> 60 but < 210 minutes/wk	Moderately active	Light Men = 1.5 Women = 1.4
> 210 but < 420 minutes/wk	Active	Moderate Men = 1.6 Women = 1.5
> 420 minutes/wk	Very active	Heavy Men = 1.7 Women = 1.6

Example

Brenda is a 55 year old woman who participates in the following activities regularly.

Section A: Aerobic Activities	Workouts/ Week	Average Duration/ Workout	Minutes of Activity/ Week
Walking	3	60 minutes	180 minutes
Jogging/Running	4	45 minutes	180 minutes
Section B: Muscle Strengthening Activities	Workouts/ Week	Average Duration/ Workout	Minutes of Activity/ Week
Calisthenics and Free Weights	4	30 minutes	120 minutes

Total Minutes of Activity/Week: 480

Her response to Section C: was "Sedentary"
Her Physical Activity Factor is 1.6 (Heavy).