

## 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*

<b>Section A: Aerobic Activities</b>	<b>Workouts/Week</b>	<b>Average Duration/ Workout</b>	<b>Minutes of Activity/ Week</b>
Walking			
Jogging/Running			
Treadmill			
Bicycling (Outdoors)			
Stationary Cycling or Other Aerobic Machine			
Swimming Laps			
Aerobic Dance or Floor Exercises			
Racquet Sports (Racquetball, Tennis)			
<b>Section B: Muscle Strengthening Activities</b>	<b>Workouts/Week</b>	<b>Average Duration/ Workout</b>	<b>Minutes of Activity/ Week</b>
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.

<b>I. Total Minutes of Activity/Week (From Sections A &amp; B)</b>	<b>II. Response to Section C: Occupation Related Physical Activity</b>	<b>III. Physical Activity Level</b>
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.

<b>Section A: Aerobic Activities</b>	<b>Workouts/ Week</b>	<b>Average Duration/ Workout</b>	<b>Minutes of Activity/ Week</b>
Walking	3	60 minutes	180 minutes
Jogging/Running	4	45 minutes	180 minutes
<b>Section B: Muscle Strengthening Activities</b>	<b>Workouts/ Week</b>	<b>Average Duration/ Workout</b>	<b>Minutes of Activity/ Week</b>
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).