

# My Physical Activity Checklist

<b>Base Level</b>		
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
<b>LEVEL 1</b>		
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
<b>LEVEL 2</b>		
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
<b>LEVEL 3</b>		
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
<b>LEVEL 4</b>		
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
<b>LEVEL 5</b>		
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