

PHYSICAL ACTIVITY ASSESSMENT

The following assessment is designed to engage you in a healthy thought process when it comes to physical activity. Answer the questions as honestly as you can, and use this assessment as a first step in becoming more physically active.

Name: _____ Date: _____

Company: _____

1. Describe your current level of physical activity:

- I never exercise.
- I hardly ever exercise.
- I exercise a couple times a month.
- I exercise a couple times a week.
- I exercise on a daily basis.

2. My physical activity usually includes:

- Running/jogging.
- Walking.
- Bicycling.
- Swimming.
- Weight training.
- Team sports.
- Individual sports (golf).
- Household physical activity—washing car, gardening, mowing lawn, etc.
- Other: _____

3. I often...

- Don't have time for regular physical activity.
- Make time for physical activity, despite my busy schedule.
- Find ways of increasing my physical activity outside of scheduled exercise/workouts.

4. Which statement describes your current weight status?

- I am slightly overweight.
- I am very overweight.
- My weight is about normal.

5. What people do you know or associate with who are physically active on a regular basis?

	None	Some	All
Family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I work with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PHYSICAL ACTIVITY ASSESSMENT

6. The majority of my day is spent...

- Sitting.
- Standing.
- Walking.
- Driving.
- Laying down.

7. When I get home from work in the evening...

- I look for physically active ways to unwind.
- I sit and watch television.
- I'm so tired; I lie down and take a nap.

8. When you think about exercising, do you view it as...

- Something you despise.
- Something you're not at all interested in.
- Neither bad nor all that good.
- Something that you enjoy.
- Something that you live to do.

9. If you aren't physically active, are you...

- Worried about the consequences to your health.
- Worried about the consequences to your looks.
- Worried about controlling your weight.
- Not worried at all.

10. If you decided to become more physically active, how likely is it that you would be successful in maintaining regular physical activity?

- Not at all likely.
- Somewhat likely.
- More than likely
- I would be successful.

11. Has your physical inactivity prevented you from...

- Spending time with your family.
- Spending time with your friends.
- Participating in activities that you wanted to participate in.

12. What are three main reasons you aren't physically active?

1. _____
2. _____
3. _____

PHYSICAL ACTIVITY ASSESSMENT

13. What are three reasons you should increase your level of physical activity?

1. _____
2. _____
3. _____

14. What are some possible barriers that could prevent you from getting physically active?

1. _____
2. _____
3. _____

15. Who or what are some possible factors that could help you increase your level of physical activity?

1. _____
2. _____
3. _____