

Physical Activity Summary (should total 24 hours)

Sleep: _____ hours

Number of flights of stairs: _____ flights

Light activity: _____ hours

Moderate activity: _____ hours

Vigorous activity: _____ hours

Using Your Results

How did you score? Are you at all surprised by the amount of time you spend in light, moderate, and vigorous activity? Do you spend at least 30 minutes each day—the recommended minimum—in moderate or vigorous activity? Are you satisfied with the amount of moderate and vigorous physical activity in your daily life? Is it appropriate for your health status and goals?

What should you do next? Enter the results of this lab in the Preprogram Assessment column in Appendix D. If you want to increase the amount of moderate or vigorous physical activity in your life, begin by analyzing the amount of time in each intensity category according to the type of activity:

	Light activity (hours)	Moderate activity (hours)	Vigorous activity (hours)
Home and child-care activities			
School- or job-related activities			
Transportation-related activities			
Leisure activities			
Exercise/sport activities			

How much of your time in transportation-related activities and leisure activities is classified as light activity? Transportation and leisure activities are often the areas where it is easiest to substitute moderate activities for light activities. Examples include walking or biking rather than driving for short errands and going for a walk with a friend rather than chatting on the phone; see p. 30 for additional suggestions. Below, identify three strategies for boosting physical activity in your daily life.

1. _____
2. _____
3. _____

Can you also identify additional opportunities to climb stairs each day?

Begin to adopt the strategies you've identified to increase physical activity. After several weeks of a program to become more physically active, do this lab again, and enter the results in the Postprogram Assessment column of Appendix D. How do the results compare?

SOURCE: Activity classifications from CDC Division of Nutrition and Physical Activity. 1999. *Promoting Physical Activity: A Guide for Community Action*. Champaign, Ill.: Human Kinetics.