

Physical Activity Assessment Tool

Instructions:

Answer each question truthfully and tally your points at the end of each section. This will help us understand your activity habits and set realistic goals based on the general physical activity recommendations. *The authorities who recommend these guidelines include the National Institutes of Health (NIH), American College of Sports Medicine (ACSM), Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), American Heart Association (AHA), and U.S. Department of Health and Human Services (HHS).*

Section 1: Aerobic Activity (Cardio)

1. **How many minutes per WEEK do you engage in aerobic activities? Moderate-intensity aerobic activities** (e.g., brisk walking, dancing, yoga) + **Vigorous-intensity aerobic activities** (e.g., running, swimming laps, HIIT).

- **0 minutes total** = 0 points
- **15-45 minutes total** = 2 points
- **45-100 minutes total** = 3 points
- **100-150 minutes total** = 5 points
- **More than 150+ minutes total** = 6 points

Minutes of Moderate-Intensity = _____

Minutes of Vigorous-Intensity = _____

_____**Points**

Section 2: Muscle-Strengthening Activities

2. **How often do you engage in activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, arms)?**

- 0 times per week = 0 points
- 1 day per week = 2 points
- 2 days per week = 5 points
- 3 or more days per week = 6 points

_____**Points**

3. **Which activities do you do to strengthen your muscles (e.g., weight training, resistance bands, bodyweight exercises)?**

- None = 0 points
- Light activities (e.g., light weights, light resistance) = 2 points
- Moderate-intensity activities (e.g., medium weights, moderate resistance) = 4 points
- Vigorous-intensity activities (e.g., heavy weights, bodyweight exercises) = 6 points

If using weights submit pounds or equipment used = _____

_____**Points**

Section 3: Flexibility and Balance

4. Do you engage in activities that enhance balance and prevent falls (e.g., yoga, tai chi)?

- No = 0 points
- Once or twice per week = 3 points
- 3 or more days per week = 6 points

_____ Points

5. How would you rate your current flexibility (e.g., flexibility in legs, back, shoulders)?

- Poor = 0 points
- Average = 2 points
- Good = 4 points
- Excellent = 6 points

_____ Points

Section 4: General Physical Activity Frequency

6. How would you describe your current DAILY activity level, from sedentary to very active?

- Sedentary = 0 points
- Lightly Active = 2 points
- Moderately Active = 4 points
- Very Active = 6 points

_____ Points

_____ Total Points

Scoring and Results

- **2–5 points: Building Momentum** – You’re laying the foundation for a more active lifestyle, and that’s the first step. Now is the time to focus on consistency.
- **6-20 points: Gaining Ground** – You’re making great progress toward meeting physical activity recommendations. You’ve got the momentum, and with some adjustments, you’ll be on track to reach your goals. Now is the time to set a goal that challenges you.
- **21-25 points: Summit Point!** – You’re in the elite club of Americans who stick to this level of exercise—and it’s showing! You’ve reached a tipping point—Now it’s time for small adjustments to perfect your routine.
- **26-36 points: Thriving and Beyond** –You’re crushing it! Now’s the perfect time to spice things up with a new challenge or set a big goal—surprise yourself!

Disclaimer:

The information provided in this assessment is intended for general wellness purposes and should not be construed as medical advice. The scoring system reflects the recommendations for physical activity from trusted health organizations, including the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), American Heart Association (AHA), and American College of Sports Medicine (ACSM). However, it is not a substitute for personalized guidance from a healthcare professional. Before beginning any new physical activity routine, it’s recommended to consult with a healthcare provider, especially if you have any existing health conditions or concerns. The results of this assessment are for informational purposes only and should be used in conjunction with a well-rounded approach to health and fitness.

Nutrition Questionnaire

1. **How many servings of fruits do you eat daily?**
 - A) 0 servings (0 points)
 - B) 1-2 servings (1 point)
 - C) 3 or more servings (2 points)
2. **How many servings of vegetables do you eat daily?**
 - A) 0 servings (0 points)
 - B) 1-2 servings (1 point)
 - C) 3 or more servings (2 points)
3. **Do you include whole grains (e.g., oats, brown rice, quinoa) in your meals?**
 - A) Rarely or never (0 points)
 - B) Occasionally (1 point)
 - C) Frequently (2 points)
4. **How often do you consume lean proteins (e.g., fish, beans, poultry, tofu)?**
 - A) Less than once a day (0 points)
 - B) 1 serving per day (1 point)
 - C) 2 or more servings per day (2 points)
5. **How often do you consume processed foods (e.g., packaged snacks, ready-to-eat meals)?**
 - A) Frequently (0 points)
 - B) Occasionally (1 point)
 - C) Rarely or never (2 points)
6. **How many glasses of water do you drink daily?**
 - A) Less than 4 glasses (0 points)
 - B) 4-7 glasses (1 point)
 - C) 8 or more glasses (2 points)
7. **Do you consume healthy fats (e.g., olive oil, avocados, nuts, seeds)?**
 - A) Rarely or never (0 points)
 - B) Occasionally (1 point)
 - C) Frequently (2 points)
8. **Do you eat regular meals (3 meals or planned snacks daily)?**
 - A) Rarely or never (0 points)
 - B) Occasionally (1 point)
 - C) Regularly (2 points)

Results

Add up your total points and compare your score to the ranges below:

- **0-7 points:** There is room for improvement. Consider increasing your intake of fruits, vegetables, whole grains, and lean proteins. Work on hydration and limiting processed foods.
- **8-13 points:** You are on the right track! Aim to make small, consistent changes to build even healthier habits.
- **14-18 points:** Excellent! Your eating habits align well with recommendations from health organizations. Keep up the good work!

Sources Used

Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) United States Department of Agriculture (USDA)