

Physical Activity

1. At least once a week, do you engage in regular physical activity like brisk walking, jogging, bicycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?

_____ No

_____ Yes

2. On average, how many days per week and minutes per day do you engage in this kind of exercise?

_____ days per week

_____ minutes per day

3. When you are exercising in your usual fashion, how would you rate your usual level of exertion (degree of effort)? (0=no effort at all; 10=maximum effort)

Level of exertion: _____