

EVALUATING MY OWN PHYSICAL ACTIVITY LEVEL

Name _____ Period _____ Assign # _____

Check each of the statements below that describes your physical activity level:

- ___ I climb stairs when I could take an elevator.
- ___ I walk when I could drive.
- ___ I have some athletic activity almost every day.
- ___ I stand at a job when I could be sitting.
- ___ I walk through the house instead of yelling at someone.
- ___ I park a long way from the stores and walk further.
- ___ I have someone to exercise with me.
- ___ I do exercises during T.V. advertisements.
- ___ I exercise inside my home almost every day.
- ___ I usually use my own muscles instead of relying on electrical devices to save energy.
- ___ I have at least one heavy physical activity I really enjoy.
- ___ My everyday work requires significant physical exertion.
- ___ I walk over to a neighbor's house when I could use the telephone.