Measure Up Your Physical Activity

How effective is your exercise program? Answer the following questions to find out.

	A	B	C
I perform _____ sessions of exercise each week. (a session consists of 30 minutes or more of physical activity)	☐ one or fewer days	☐ two to four days	☐ five to six days
The average length of time that I exercise is:	☐ less than 30 minutes	☐ 30 to 40 minutes	☐ greater than 40 minutes
I perform _____ different types of exercise each week. (walking, swimming, jogging, etc.)	☐ one	☐ two	☐ three or more
I perform weight training activities (free weights, resistance training, etc.):	☐ none	☐ one to two times a week	☐ three times a week
I perform aerobic activities (jogging, water aerobics, etc.):	☐ none	☐ one to two times a week	☐ three times a week
I perform stretching activities (yoga, stretching, etc.):	☐ none	☐ one to two times a week	☐ three times a week
When I exercise, I break a sweat:	☐ occasionally	☐ about half the time	☐ all the time
When I exercise I feel:	☐ more fatigued during the day	☐ no noticeable difference	☐ more energized during the day
When I exercise I:	☐ never have fun	☐ occasionally have fun	☐ almost always have fun
My measurable goals for exercise are:	☐ I do not have any goals	☐ I want to increase my strength fitness and energy level for my daily activities	☐ I want to be more fit and strong for the sports and recreational activities I perform
Add up the total number of checks in each column			
Multiply each column's total by	**x 1**	**x 2**	**x 3**
COLUMN TOTALS			

Add all three columns together. This is your total score.

If your score is:

10-16: Your exercise program could use some shaping up. You aren't benefiting from the time you put into your exercise program.

17-23: Your level of physical activity looks good. You're on your way to becoming a fitness superstar!

24-30: Great job! You have found the secrets to maximizing the fitness gains and weight loss benefits of exercise!