



Figure 5.1

Physical Activity Questionnaire

Name _____ Date _____

Please complete this questionnaire, which will help you and your physician understand your physical activity patterns.

- 1. What types of physical activities do you enjoy?

- 2. How often do you participate in these activities?

- 3. What exercises do you do regularly? _____

- 4. How often, and for how long each time, do you do these activities? _____

- 5. What gets in the way of you consistently engaging in physical activity/exercise? _____

- 6. How many hours of television do you watch every day?

- 7. How many hours are you at a computer/desk everyday?

- 8. What types of exercise equipment or exercise tapes do you have at home? _____

- 9. Do you belong to a health club or attend classes?
 Yes No
- 10. How often do you attend? _____

- 11. Would you like to change your physical activity/exercise habits?
 Yes No
- 12. Which habits would you like to begin to change? _____

Adapted with permission from the Wellness Institute, Northwestern Memorial Hospital.



Figure 5.3

Physical Activity Time Study

Record your activities for each of the time slots indicated below on at least one weekday and one weekend day. Use your step counter to keep track of the number of steps you take during each time period. Try to keep this sheet with you and write down your activity as you go. For each time slot, determine the amount of time you were physically active and the amount of time you were not active. At the end of the day, total the number of minutes you were active and inactive and your number of steps. You may make copies of this worksheet to record information daily.

Date / /		Day of the week		
Time slot	Tasks/activities	Physically active?		
		Yes	No	Steps
Midnight to 4 am				
4:01 to 8 am				
8:01 am to noon				
12:01 to 4 pm				
4:01 to 8 pm				
8:01 pm to midnight				
Total number of minutes and steps				

Example

For each 4-hour block of time describe how you spend your time and record your number of steps using your step counter. Try to record your activities at least every 1 to 2 hours so you can be as accurate as possible. Add up the minutes you were physically active and record in the Yes column. Subtract the minutes of activities from the total number of minutes in the 4-hour block of time, which is 240 minutes. Record the total number of minutes and steps at the bottom of the sheet.

Date 10 / 5 / 02		Day of the week Wednesday		
Time slot	Tasks/activities	Physically active?		
		Yes	No	Steps
8:01 am to noon	desk work, 75 minutes; meetings, 120 minutes; walk to and from car at lunch, 7 minutes; walk to vending machine, 3 minutes; walk to meeting, 4 minutes; talk with co-workers (standing), 31 minutes	14 min	226 min	1145

Adapted with permission from Blair SN, Dunn AL, Marcus BH, Carpenter RA, and Jaret P. *Active Living Every Day: 20 weeks to lifelong vitality*. Champaign, Ill: Human Kinetics; 2001.



Figure 5.4

Physical Activity Barriers

What keeps you from being more physically active? Maybe you are too busy at work. Or perhaps your kids or other loved ones need you and they come first. Brainstorm all the reasons you are not more physically active and write down what comes to mind. Nothing is too big or too small. Some examples include: "Not enough time," "Don't like to sweat," and "Too out of shape."

A. Physical activity barriers

B. Prioritize your barriers from the biggest to the smallest.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

C. Pick one barrier and come up with a way to get around it. Be creative! List you ideas below.

Now pick one of your ideas and try it for a week. If after a week it didn't work, try another strategy. Keep trying new ideas until you find some that help you overcome your barriers.

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Figure 5.7

Physical Activity Calendar

Write in the month and the corresponding dates in the spaces provided. Then record your minutes, steps, and miles for each day. You may make copies of this sheet to record information monthly.

Month _____ Year _____

Monthly goals	Minutes	Steps	Miles
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Weekly goal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total
Minutes Steps Miles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Minutes Steps Miles
Minutes Steps Miles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Minutes Steps Miles
Minutes Steps Miles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Minutes Steps Miles
Minutes Steps Miles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Minutes Steps Miles

Monthly totals	Minutes	Steps	Miles
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This project was funded by the American Medical Association and The Robert Wood Johnson Foundation. • November 2003