

Physical Activity Quiz

How active are you right now?

What is your current activity level?



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1. On an average day, I climb and descend an average of _____ flights of stairs?

A) 1-5 (1 point)
 B) 6-10 (2 points)
 C) More than 10 (4 points)



2. I have a desk job, but I leave my desk regularly to run errands, greet visitors, attend meetings, etc. at least _____ times per hour on an average day.

A) 6 times or less (0 points)
 B) More than 6 times per hour (1 point)



3. My job requires that I be on my feet *and moving* an average of about _____ hours a day.

- A) 1-2 hours (2 points)
- B) 2-3 (3 points)
- C) 3-4 (4 points)
- D) 4 or more (6 points)



4. My job requires that I be on my feet basically standing for approximately _____ hours a day.

- A) Less than 4 hours (0 points)
- B) 4-6 (1 point)
- C) 6-8 (2 points)
- D) 8 or more (3 points)



5. On an average day, I walk about _____ miles, either recreationally or as part of my job.

- A) 1-2 (2 points)
- B) 2-3 (4 points)
- C) 3-4 (6 points)
- D) >4 miles (10 points)



6. I spend about _____ hours a week tending a garden or lawn or doing home improvements such as carpentry and painting.

- A) 1-2 (1 point)
- B) 2-3 (2 points)
- C) 3-4 (3 points)
- D) 4-5 (4 points)
- E) 5 or more hours (5 points)



7. I am a parent who assumes primary responsibility for a preschool child.
(Add ½ of points for each additional child)

- A) Child and parent at home all day (5 points)
- B) Child spends half day at day care center (3 points)
- C) Child spends full day at day care center (1 point)



8. My job is physically demanding for _____ hours of the day.

- A) 1-2 (3 points)
- B) 2-3 (5 points)
- C) 3-4 (7 points)
- D) 4-5 (9 points)
- E) >5 hours (12 points)



9. I engage in sporting activities such as tennis, softball, baseball or golf (without a cart) or I go dancing an average of _____ hours a week.

- A) 1-2 (1 point)
- B) 2-3 (2 points)
- C) 3-4 (3 points)
- D) 4-5 (5 points)



10. I do household chores (laundry, cleaning, cooking) an average of _____ hours a week.

- A) 1-2 (1 point)
- B) 2-3 (2 points)
- C) 3-4 (3 points)
- D) 4-5 (4 points)
- E) 5 or more (6 points)



So...how active are you?

- **11+ points = Tremendous!**
Even without a formal exercise program, you may be getting an adequate amount of physical activity.
- **5-10 points= Fair**
You are in-between a couch potato and a weekend warrior.
- **0-4 points= I'm glad you are here today!**
You are an excellent candidate for incorporating more physical activity into your life.
