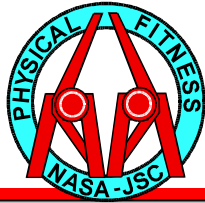


Physical Activity Status Scale

Select the option below that best describes your activity level.



- Do not exercise regularly
 - 0 Avoid walking or exertion, always use elevator, drive whenever possible
 - 1 Walk for pleasure, routinely use stairs, occasionally exercise to cause heavy breathing

- Participate regularly in recreation or work requiring modest physical activity such as golf, horseback riding, calisthenics, table tennis, bowling, yard work
 - 2 10 TO 60 minutes per week
 - 3 Over 1 hour per week

- Participate regularly in heavy physical exercise such as running, brisk walking, cycling, rowing, tennis, basketball, handball
 - 4 Run less than 1 mile per week or walk less than 1.3 miles per week or spend less than 30 minutes per week in comparable activity
 - 5 Run 1-5 miles per week or walk 1.3 – 6.9 miles per week or spend 30-60 minutes in comparable activity
 - 6 Run 6-10 miles per week or walk 7-13.9 miles per week or spend 1-3 hours per week in comparable activity

- Participate regularly in heavy physical exercise such as running, brisk walking, cycling, rowing, tennis, basketball, handball
 - 7 Run 11-15 miles per week or walk 14-20 miles per week or spend 4-6 hours per week in comparable physical activity
 - 8 Run 16-20 miles per week or walk 21-26.9 miles per week or spend 7-9 hours per week in comparable physical activity
 - 9 Run 21-25 miles per week or walk 27-33.9 miles per week or spend 10-12 hours per week in comparable physical activity
 - 10 Run over 25 miles per week or walk over 34 miles per week or spend over 12 hours per week in comparable physical activity