

Activity and Lifestyle Assessment

Disclaimer

This is a self-assessment tool, not diagnostic and should be reviewed with your physician.¹

Instructions

Answer the questions below to gain insights into activity level and willingness to improve your routine. When you complete each section, add the numbers of your answers and compare them with the scoring guide at the end of each section.

Questions

1. How often do you exercise?

1. Never
2. Rarely
3. Occasionally
4. Somewhat
5. Frequently

2. How confident are you that you can exercise regularly?

1. Not at all confident
2. Slightly confident
3. Somewhat confident
4. Highly confident
5. Completely confident

3. When you think about exercise, do you develop a positive or negative picture in your mind?

1. Completely negative
2. Somewhat negative
3. Neutral
4. Somewhat positive
5. Completely positive

4. How certain are you that you can work regular exercise into your daily schedule?

1. Not at all certain
2. Slightly certain
3. Somewhat certain
4. Quite certain
5. Extremely certain

TOTAL SCORE _____

If you scored

4 to 10	You're probably not exercising as regularly as you should. Determine whether your attitudes about exercise are blocking your way, then change what you must and put on those walking shoes.
11 to 16	You need to feel more positive about exercise so you can do it more often. Think of ways to be more active that are fun and fit your lifestyle.
17 to 20	It looks like the path is clear for you to be active. Now think of ways to get motivated.

¹Institute of Medicine (US) Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity; Thomas PR, editor. *Weighing the Options: Criteria for Evaluating Weight-Management Programs*. Washington (DC): National Academies Press (US); 1995. B, *The Diet Readiness Test and the General Well-Being Schedule*. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK236747/>