WELLNESS WORKSHEET 69 Your Physical Activity Profile

For health benefits and successful weight management, 30-60 or more minutes of daily physical activity is recommended. How close are you to meeting this recommendation? To develop a physical activity profile, begin by monitoring your activities on a typical day. Complete the chart below by filling in your activities and the amount of time you spend on each one; in addition, keep track of the number of flights of stairs you climb. Be sure the activities in your log total 24 hours. Classify each activity as sleep or as light, moderate, or vigorous according to the following guidelines:

Light activities: Walking slowly; routine tasks such as cooking or shopping; light housework such as ironing, dusting, or washing dishes; light yard work or home activities such as pruning, weeding, or plumbing; or light fitness activities such as light stretching, warming up, swimming slowly or slowly treading water.

Moderate activities: Walking briskly; cycling moderately on level terrain; social dancing; moderate housework such as scrubbing floors or washing windows; moderate yard work or home activities such as planting, raking, painting, or washing a car; fitness activities requiring moderate effort such as low-impact aerobics, playing Frisbee, swimming, or playing doubles' tennis.

Vigorous activities: Walking briskly uphill; cycling on steep uphill terrain; heavy housework such as moving furniture or carrying heavy objects upstairs; vigorous yard work or home activities such as shoveling snow, trimming trees, doing construction work, or digging; fitness activities requiring vigorous effort such as running, high-impact aerobics, circuit weight training, swimming laps, and most competitive sports.

Activity	Duration	Classification

Number of flights of stairs: flights

WELLNESS WORKSHEET 69 — continued

Physical Activity Summary (should total 24 hours)

Sleep	hours
Light activity	hours
Moderate activity	hours
Vigorous activity	hours
Flights of stairs	flights

If you want to increase the amount of moderate or vigorous physical activity in your life, begin by analyzing the amount of time you spend in each intensity category according to the type of activity:

	Light activity	Moderate activity	Vigorous activity
Home and child-care activities	hours	hours	hours
School- or job-related activities	hours	hours	hours
Transportation-related activities	hours	hours	hours
Leisure activities	hours	hours	hours
Exercise/sport activities	hours	hours	hours

Increasing Daily Physical Activity

How much of your time in transportation-related activities and leisure activities is classified as light activity? Transportation and leisure activities are often the areas where it is easiest to substitute moderate activities for light activities. Examples include walking or biking rather than driving for short errands and going for a walk with a friend rather than chatting on the phone; refer to your text for additional suggestions. Below, identify three strategies for boosting physical activity in your daily life:

1.	
2.	
3.	

Can you also identify additional opportunities to climb stairs each day? If so, list them here:

Your next step is to begin to adopt the strategies you've identified to increase physical activity. To monitor your progress, keep a daily journal of your physical activity based on the style of the charts shown in this worksheet.