# Self-Assessment Worksheet: How Physically Active Am I

Name: Blank Class: Blank Date: Blank

Being physically active is an important habit for overall good health and wellness. Answer each question in the following table by selecting the response that is most accurate for you. When you are done, add up your points. The closer you are to 15 points, the healthier your physical activity habits are.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| Are you physically active for at least 60 minutes every day? (The 60 minutes can be broken up throughout the day.) Being physically active may include playing sports or games, exercising, riding a bike, walking, or lifting weights. | 3 | 2 | 1 |
| Are you able to your daily activities without feeling exhausted? | 3 | 2 | 1 |
| Do you participate in a physical activity that you could see yourself doing when you are 60 years old or older? | 3 | 2 | 1 |
| When you are being physically active, do you participate at a level that makes it a little hard to breathe? (For example, you have difficulty talking to someone at the same time as you are being physically active.) | 3 | 2 | 1 |
| Do you participate in physical activities that work muscular strength, muscular endurance, and flexibility? | 3 | 2 | 1 |

My score for How Physically Active Am I? = Blank (total number of points)