

Physical Activity

1. What is your current occupation? _____
2. How do you travel to and from work? _____
3. How would you rate the physical activity you perform at work?
 Very little Little Moderate Active Very active
4. How would you rate the physical activity you perform when not at work? (include activities such as housework/gardening in your rating)
 Very little Little Moderate Active Very active
5. Are you presently performing any fitness programme? Yes / No
6. If 'YES', what and how often do you do it? _____

7. How physically fit do you feel at present?
 Unfit Below average Average Above average Very fit
8. Rate yourself on your overall level of fitness (1 is the lowest, 10 the highest)
 1 2 3 4 5 6 7 8 9 10
9. Rate yourself on your current cardiovascular capacity (1 = lowest, 10 = highest)
 1 2 3 4 5 6 7 8 9 10
10. Rate yourself on your current muscular capacity (1 = lowest, 10 = highest)
 1 2 3 4 5 6 7 8 9 10
11. Rate yourself on your current flexibility capacity (1 = lowest, 10 = highest)
 1 2 3 4 5 6 7 8 9 10
12. Rate yourself on your current motor skills capacity (1 = lowest, 10 = highest)
 1 2 3 4 5 6 7 8 9 10