

# How Physically Active Are You?













An assessment of level and intensity  
of physical activity

## Rapid Assessment of Physical Activity

**Physical Activities** are activities where you move and increase your heart rate above its resting rate, whether you do them for pleasure, work, or transportation.

The following questions ask about the amount and intensity of physical activity you usually do. The intensity of the activity is related to the amount of energy you use to do these activities.

### Examples of physical activity intensity levels:

<p><b>Light activities</b></p> <ul style="list-style-type: none"> <li>• your heart beats slightly faster than normal</li> <li>• you can talk and sing</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">             Walking Leisurely         </div> <div style="text-align: center;">             Stretching         </div> <div style="text-align: center;">             Vacuuming or Light Yard Work         </div> </div>
<p><b>Moderate activities</b></p> <ul style="list-style-type: none"> <li>• your heart beats faster than normal</li> <li>• you can talk but not sing</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">             Fast Walking         </div> <div style="text-align: center;">             Aerobics Class         </div> <div style="text-align: center;">             Strength Training         </div> <div style="text-align: center;">             Swimming Gently         </div> </div>
<p><b>Vigorous activities</b></p> <ul style="list-style-type: none"> <li>• your heart rate increases a lot</li> <li>• you can't talk or your talking is broken up by large breaths</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">             Stair Machine         </div> <div style="text-align: center;">             Jogging or Running         </div> <div style="text-align: center;">             Tennis, Racquetball, Pickleball or Badminton         </div> </div>

## How physically active are you? (Check one answer on each line)

Does this accurately describe you?

RAPA 1	1	I rarely or never do any physical activities.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	2	I do some <b>light</b> or <b>moderate</b> physical activities, but not every week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	3	I do some <b>light</b> physical activity every week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	4	I do <b>moderate</b> physical activities every week, but less than 30 minutes a day or 5 days a week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	5	I do <b>vigorous</b> physical activities every week, but less than 20 minutes a day or 3 days a week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	6	I do 30 minutes or more a day of <b>moderate</b> physical activities, 5 or more days a week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	7	I do 20 minutes or more a day of <b>vigorous</b> physical activities, 3 or more days a week.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
RAPA 2 3 = Both 1 & 2	1	I do activities to increase muscle <b>strength</b> , such as lifting weights or calisthenics, once a week or more.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	2	I do activities to improve <b>flexibility</b> , such as stretching or yoga, once a week or more.	Yes <input type="checkbox"/>	No <input type="checkbox"/>

ID # \_\_\_\_\_

Today's Date \_\_\_\_\_

## Scoring Instructions

### **RAPA 1: Aerobic**

To score, choose the question with the highest score with an affirmative response. Any number less than 6 is suboptimal.

For scoring or summarizing categorically:

Score as sedentary:

1. I rarely or never do any physical activities.

Score as under-active:

2. I do some light or moderate physical activities, but not every week.

Score as under-active regular – light activities:

3. I do some light physical activity every week.

Score as under-active regular:

4. I do moderate physical activities every week, but less than 30 minutes a day or 5 days a week.
5. I do vigorous physical activities every week, but less than 20 minutes a day or 3 days a week.

Score as active:

6. I do 30 minutes or more a day of moderate physical activities, 5 or more days a week.
7. I do 20 minutes or more a day of vigorous physical activities, 3 or more days a week.

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### **RAPA 2: Strength & Flexibility**

I do activities to increase muscle strength, such as lifting weights or calisthenics, once a week or more. (1)

I do activities to improve flexibility, such as stretching or yoga, once a week or more. (2)

Both. (3)

None (0)