

The Healthy Physical Activity Participation Questionnaire

A. Answer the following questions

Frequency

Over a typical 7-day period (1 week), how many times do you engage in physical activity that is sufficiently prolonged and intense to cause sweating and a rapid heart beat?

- At least three times
- Normally once or twice
- Rarely or never

Intensity

When you engage in physical activity, do you have the impression that you:

- Make an intense effort
- Make a moderate effort
- Make a light effort

Perceived Fitness

In a general fashion, would you say that your current physical fitness is:

- Very good
- Good
- Average
- Poor
- Very poor

B. Circle your score below for each answer and total your score

Item	Male	Female	Male	Female	Male	Female
Frequency	Rarely or never		Normally once or twice		At least 3 times	
	0	0	2	3	3	5
Intensity	Light effort		Moderate Effort		Intense Effort	
	0	0	1	2	3	3
Perceived Fitness	Very poor or poor		Average		Good or very good	
	0	0	3	1	5	3

Total score: _____

C. Determine the health benefits of your physical activity based on your total score

Total score	Health Benefit
9 - 11	Excellent
6 - 8	Very good
4-5	Good
1 - 3	Fair
0	Needs improvement