

Session 8 worksheet

How active are you?



Answer the questions below to find out how active you are.

1. Walking

During the last week, did you walk briskly enough to make you feel warm and slightly out of breath, for more than 15 minutes at a time? (This might include walking to the shops, or going for a walk with friends.)

2. Other activity

During the last week, have you done any other activity that made you feel warm and slightly out of breath, for more than 15 minutes at a time? (This might include heavy housework, gardening, swimming, dancing, cycling, or aerobics.)

	Walking number of minutes	Other activity number of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total		
Total for the week		