

RM 8–FM: Fitness Rating of Common Activities

Rate the degree of fitness required (in relation to each of the four health-related fitness components) for each of the activities listed below. Use a rating scale from 1 to 10, with 1 being little or no fitness requirement and 10 being the greatest fitness requirement. (Highest possible overall score = 40.)

Activity	Fitness Rating for Health-Related Fitness Components				Overall Fitness Rating
	Cardiorespiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
Sports					
Cross-Country Skiing					
Volleyball					
Bowling					
Step Aerobics					
Ice Hockey					
Other?					
Daily Activities					
Mowing the Lawn					
Vacuuming the House					
Shovelling Snow					
Other?					
Occupations					
Mail Carrier					
Flight Attendant					
Roofer / Shingler					
Waiter / Waitress					
Other?					