

RM 2–PA: Personal Physical Activity Inventory: Choices for an Active Life

Name _____ Class _____ Date _____

Current Status of Physical Activity Participation

In answering the following questions, refer to the table you completed in RM 1–PA: Personal Physical Activity Inventory: Current Participation.

1. Will your physical activity profile (as recorded in RM 1–PA) likely change during the time of this course? Explain.
2. Would the change (or lack of change) help or hinder your ability to complete the physical activity requirements for this course? Explain.
3. Based on the criteria of the physical activity practicum that your teacher has identified for you and the information you provided in the Personal Physical Activity Inventory table (in RM 1–PA), how do you see yourself meeting the requirements for your physical activity practicum?
 - I am already on track to meet the requirements for my physical activity practicum.
 - I will be able to meet the requirements for my physical activity practicum with some additions to my current level of physical activity participation.
 - I am currently not active enough to meet the requirements of this course and will need the assistance of my teacher, friends, and family to do so.
4. What are some ways in which you could increase the level of physical activity participation on a weekly basis to meet the requirements of this course?

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(Continued)

Activity Choices for an Active Lifestyle

5. Identify, in the space provided below, **three** physical activities you can see yourself doing in the next five years that would sustain an active lifestyle. **One** of the physical activities should be something you are currently not engaged in and represent a goal for the future. Indicate why you chose each activity.

Physical Activity	Why did you choose this activity?

6. What will keep you motivated to stay physically active?