

RM 6–NU: Determining Daily Physical Activity Intensities

Name _____ Class _____ Date _____

Directions/Description

You will gain a greater understanding of your personal daily energy expenditure by examining your daily physical activities and categorizing them by intensity level.

- List all your physical activities for three days of a week that best represent what you would normally do, and indicate how long (in hours) you did each activity (i.e., 40 minutes = .67 of an hour). **Each daily total must equal 24 hours.**
- Classify each of your physical activities according to the **intensity category** scale provided below. First identify the number of hours you spent sleeping (resting), then the time you spent in vigorous or moderate activity, and finally, the time you spent in very light or light activity. **Each daily total must equal 24 hours.**

Physical Activity Intensity Category	Physical Activity Intensity Description
Resting	Sleeping, reclining while watching TV
Very Light Activity	Seated and standing activities, driving, laboratory work, typing, sewing, ironing, cooking, playing cards, playing a musical instrument, painting trades
Light Activity	Walking on a level surface (at 3 to 5 km/hour), garage work, carpentry, electrical trades, restaurant trades, house cleaning, child care, horseback riding, sailing, bowling, golfing, playing baseball, table tennis
Moderate Activity	Walking (7 to 8 km/hour), weeding and hoeing, carrying a load, cycling, skiing, dancing, jogging, playing tennis, basketball, badminton, soccer, volleyball
Vigorous Activity	Walking with a load uphill, tree felling, heavy manual digging, climbing, running (10 to 13 km/hour), cross-country skiing (8 to 10 km/hour), playing basketball, football, soccer

- Total your activity time in each intensity category and write the total into the corresponding category in the Duration Totals column of the Daily Physical Activity Intensities chart provided (see following page). An example is provided below.

Example

Day 1		
Activity	Duration (Hours)	Category
Sleeping	9	Resting
Eating	1	Very Light
Cycling to / from school, etc.	1.25	Moderate
Classes	5	Very Light
Intramural volleyball	.5	Moderate
Basketball Practice	2	Vigorous
Studying	2	Very Light
Walking to and from arena	1	Light
Playing air hockey	1	Light
Sitting or lying	1.25	Very Light

Intensity Category	Duration Totals
Resting	9
Very Light	9.25
Light	2
Moderate	1.75
Vigorous	2
Total	24 Hours

Continued

RM 6–NU: Determining Daily Physical Activity Intensities *(Continued)*

Name _____ Class _____ Date _____

Daily Physical Activity Intensities

Day 1		
Activity	Duration (Hours)	Category
Day 2		
Activity	Duration (Hours)	Category
Day 3		
Activity	Duration (Hours)	Category

Intensity Category	Duration Totals
Resting	
Very Light	
Light	
Moderate	
Vigorous	
Total	24 Hours

Intensity Category	Duration Totals
Resting	
Very Light	
Light	
Moderate	
Vigorous	
Total	24 Hours

Intensity Category	Duration Totals
Resting	
Very Light	
Light	
Moderate	
Vigorous	
Total	24 Hours

Continued

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4. Calculate the average number of hours per day spent in physical activities of moderate and vigorous intensity:

- a. Moderate Intensity Activities

$$\underline{\quad} \text{ (hrs. Day 1) + } \underline{\quad} \text{ (hrs. Day 2) + } \underline{\quad} \text{ (hrs. Day 3) = } \underline{\quad} \text{ hrs./3 =}$$

$\underline{\quad}$ average number of hours per day at Moderate Intensity

- b. Vigorous Intensity Activities

$$\underline{\quad} \text{ (hrs. Day 1) + } \underline{\quad} \text{ (hrs. Day 2) + } \underline{\quad} \text{ (hrs. Day 3) = } \underline{\quad} \text{ hrs./3 =}$$

$\underline{\quad}$ average number of hours per day at Vigorous Intensity

