

RM 1–PA: Personal Physical Activity Inventory: Current Participation

Name _____ Class _____ Date _____

Directions/Description

Complete the following Personal Physical Activity Inventory table, indicating

- the **types** of physical activities in which you participate regularly
- the **frequency** (days per week) of the physical activities
- the amount of **time** (hours : minutes) spent doing the activities at each of the **intensity** levels (perceived exertion)
 - **Light activities:** You begin to notice your breathing, but talking is fairly easy.
 - **Moderate activities:** You can hear yourself breathe, but can still talk.
 - **Vigorous activities:** You are breathing heavily. It is difficult to talk.

Example

Ice hockey—3 times/week, each time for 1 hour and 30 minutes, which equals 4 hours and 30 minutes, of which 1 hour may be at a light intensity level, 2 hours moderate, and 1 hour and 30 minutes vigorous.

Personal Physical Activity Inventory				
Physical Activity	Frequency	Amount of Time (Hours : Minutes) and Intensity Level (Perceived Exertion)		
		Light	Moderate	Vigorous
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	times/week	hr.: min.	hr.: min.	hr.: min.
	Total Time for Each Intensity Level	hr.: min./week	hr.: min./week	hr.: min. /week
	Total Time (Moderate and Vigorous) = hr.: min.			
	Total Time/Week = hr.: min.			

Once you have completed this inventory table, answer the questions in RM 2–PA: Personal Physical Activity Inventory: Choices for an Active Life.

