

ASSESSMENT OF PHYSICAL ACTIVITY

1. CURRENT PHYSICAL ACTIVITY

Intentional Physical Activity <i>(sport/PE/fitness training/ professional)</i>	Sessions / week	Sessions length(hrs)	Incidental Physical Activity <i>(commuting / incidental to other life activities / physically demanding work)</i>	Time / Day

2. REASONS FOR EXERCISE (CIRCLE THE 3 MOST IMPORTANT)

Health & wellbeing

Fitness

Enjoyment & a challenge

Mood & stress management

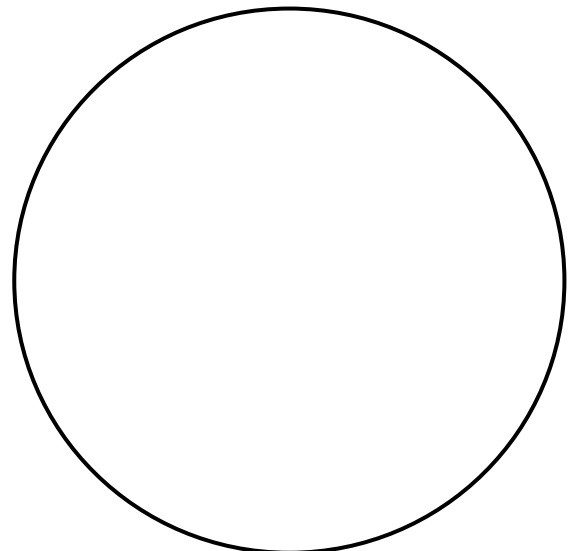
Weight & shape control

Professional achievement

Other: _____

REASON FOR EXERCISE PIE CHART

Divide up the pie chart to show how important each reason is:





3. PROBLEMS (E.G. INJURY, PERSONAL SAFETY, MEDICAL RECOMMENDATIONS)

4. ATTITUDE OF CLOSE OTHERS

5. SUMMARY & IMPRESSIONS
