

How Physically Active Are You?



An assessment of level and intensity
of physical activity

Rapid Assessment of Physical Activity

Physical Activities are activities where you move and increase your heart rate above its resting rate, whether you do them for pleasure, work, or transportation.

The following questions ask about the amount and intensity of physical activity you usually do. The intensity of the activity is related to the amount of energy you use to do these activities.

Examples of physical activity intensity levels:

Light activities • your heart beats slightly faster than normal • you can talk and sing	 Walking Leisurely	 Stretching	 Vacuuming or Light Yard Work	
Moderate activities • your heart beats faster than normal • you can talk but not sing	 Fast Walking	 Aerobics Class	 Strength Training	 Swimming Gently
Vigorous activities • your heart rate increases a lot • you can't talk or your talking is broken up by large breaths	 Stair Machine	 Jogging or Running	 Tennis, Racquetball, Pickleball or Badminton	

How physically active are you? *(Check one answer on each line)*

Does this accurately describe you?

RAPA 1	1	I rarely or never do any physical activities.	Yes ☐	No ☐
	2	I do some light or moderate physical activities, but not every week.	Yes ☐	No ☐
	3	I do some light physical activity every week.	Yes ☐	No ☐
	4	I do moderate physical activities every week, but less than 30 minutes a day or 5 days a week.	Yes ☐	No ☐
	5	I do vigorous physical activities every week, but less than 20 minutes a day or 3 days a week.	Yes ☐	No ☐
	6	I do 30 minutes or more a day of moderate physical activities, 5 or more days a week.	Yes ☐	No ☐
	7	I do 20 minutes or more a day of vigorous physical activities, 3 or more days a week.	Yes ☐	No ☐
RAPA 2 3 = Both 1 & 2	1	I do activities to increase muscle strength , such as lifting weights or calisthenics, once a week or more.	Yes ☐	No ☐
	2	I do activities to improve flexibility , such as stretching or yoga, once a week or more.	Yes ☐	No ☐

ID # _____

Today's Date _____

Scoring Instructions

RAPA 1: Aerobic

To score, choose the question with the highest score with an affirmative response. Any number less than 6 is suboptimal.

For scoring or summarizing categorically:

Score as sedentary:

1. I rarely or never do any physical activities.

Score as under-active:

2. I do some light or moderate physical activities, but not every week.

Score as under-active regular – light activities:

3. I do some light physical activity every week.

Score as under-active regular:

4. I do moderate physical activities every week, but less than 30 minutes a day or 5 days a week.
5. I do vigorous physical activities every week, but less than 20 minutes a day or 3 days a week.

Score as active:

6. I do 30 minutes or more a day of moderate physical activities, 5 or more days a week.
7. I do 20 minutes or more a day of vigorous physical activities, 3 or more days a week.

RAPA 2: Strength & Flexibility

I do activities to increase muscle strength, such as lifting weights or calisthenics, once a week or more. (1)

I do activities to improve flexibility, such as stretching or yoga, once a week or more. (2)

Both. (3)

None (0)