

# Physical Activity Assessment

The purpose of this inventory is to give you an opportunity to reflect on physical activity and the role that it plays in your life right now.

Remember that according to your present lifestyle, "physical activity" and "physical fitness" may be covered by one activity such as 45 minutes of racquetball 4 times a week. Or, the racquetball may be your physical **activity**, but does not fulfill the fitness component. The reason may be that you are a beginner so the ball does not stay in play long enough to give you a cardiovascular workout. So, before rating yourself below, make sure you understand what **you** mean by "physical **activity**," because that is what is being rated here.

Check your rating for each of the following:

<b>Activity</b>	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Health and fitness				
Fun and enjoyment				
Relaxation and tension release				
Challenge and achievement				
Social				
Improve appearance				
Competition				