

So how active am I? In the boxes below, enter how much time you spent:

1. Walking - during the last week did you walk briskly enough to make you feel warm and slightly out of breath for more than 15 minutes at a time? (e.g. walk to shops, going out for a walk with friends)
2. Other activity - within the last week have you done any other activity, for more than 15 minutes at a time, that made you feel warm and slightly out of breath? (e.g. heavy housework, gardening, swimming, dancing, cycling, aerobic classes)

	Walking (# mins)	Other activities (# mins)	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Less than 150 minutes – you are inactive.

150 minutes or more, but you are active on less than 5 days a week – you need to increase your level of activity.

150 minutes or more, and you are active on more than 5 days a week – that's good but you need to keep it up.