

## Physical Activity History:

**Would you be open to discussing your physical activity with your health care provider? YES/ NO**

If YES, please answer the following questions to the best of your ability:

1. **On average, how many days per week do you engage in moderate to strenuous exercise like a brisk walk?**  
\_\_\_\_\_
2. **On average, how many minutes do you engage in exercise at this level?**  
\_\_\_\_\_
3. **On average, how would you rate the intensity of your physical activity?** Please circle: **Mild** (can easily talk or sing while engaging in activity), **Moderate** (can talk, but breathing harder, can't sing), or **Vigorous** (can't talk, breathing very hard)
4. **What type of activity are you engaged in?** Examples: Walking, running, weightlifting, yoga, tennis, etc:  
\_\_\_\_\_
5. **Which types of physical activity do you currently enjoy or have you enjoyed in the past?**  
\_\_\_\_\_
6. **If there are activities that you previously engaged in that you are no longer doing, when and why did you stop engaging in the activity?**  
\_\_\_\_\_
7. **Barriers to physical activity** (circle all that apply): Time, access to exercise equipment, safe places to be active, physical pain or discomfort, fatigue, lack of interest or motivation, lack of knowledge  
other: \_\_\_\_\_
8. **If you have a step tracker, such as a pedometer or other fitness tracker, how many steps do you average per day?**  
\_\_\_\_\_
9. **How would you rate your day-to-day activity levels?** Please circle: Very sedentary, Lightly active, Moderately active, Very active
10. **On a scale of 1-5, (1 being not important at all, 5 being very important) how important do you think physical activity is to your overall health?**  
\_\_\_\_\_
11. **On a scale of 1-5, (1 being dissatisfied and 5 being very satisfied) how satisfied are you with your current activity levels?** \_\_\_\_\_
12. **On a scale of 1-5, (1 being not ready at all, and 5 being completely ready), how ready are you to make changes to your activity levels?**  
\_\_\_\_\_