



ASSESSING YOUR PHYSICAL ACTIVITY *

	1	2	3	4	5
How much time per day do you spend on activities such as housework, DIY or gardening?	Less than 1 hour	Between 1 and 2 hours	Between 2 and 3 hours	Between 3 and 4 hours	More than 4 hours
How much time do you spend sitting per day (screen, television, etc.)?	More than 8 hours	Between 6 and 8 hours	Between 4 and 6 hours	Between 3 and 4 hours	Less than 3 hours
How much time do you spend walking on average per day (at work and outside)?	Less than 30 minutes	Between 30 minutes and 1 hours	Between 1 and 2 hours	Between 2 and 3 hours	More than 4 hours
How much time do you spend climbing stairs each day?	Less than 5 minutes	Between 5 and 10 minutes	Between 10 and 20 minutes	Between 20 and 30 minutes	More than 30 minutes
Do you consider your level of physical activity at work to be ...	Virtually nil (totally sedentary)	Light (seated most of the time but you go out to eat)	Correct (a lot of sitting but frequent walking in corridors and stairs)	Important (the work you do is physical)	Very important (your work is very physical and you're always on the move)
Do you do any sport(s) and how many times a week in total?	Never	1 time per week	2 times per week	3 times per week	More than 3 times per week
How much time do you devote to each sports session?	0	Between 15 and 30 minutes	Between 30 and 60 minutes	Between 60 and 90 minutes	More than 90 minutes

Score:

More than 15 points: Well done, you have a very good level of sporting activity.

10 to 15 points: You have a good level of physical activity, even sport. However, there is always room for improvement.

Less than 10: You are really too sedentary. You absolutely must increase your level of physical activity both at work and in your leisure time. Your health depends on it.

*Source : *Napsothérapie, Dr Laurence Plumey, Editions Eyrolles*