

ACTIVITY LEVEL

Contact Information:

Name: _____

Work Phone: _____

Home Phone: _____

E-mail: _____

Today's Date: _____

Sex: Male Female

Activity Levels:

On the average how many hours do you sleep per night? _____

Subtract this number from 24 to get your total number of active hours per day _____

How many hours per day do you spend doing activities similar to these? These hours must equal the average number of hours that you are awake per day. _____

Rest (Reading, Lying Still) _____

Very-Light (Sewing, Singing, Standing, Studying) _____

Light (Dishwashing, Office work, Shopping) _____

Moderate (Golf, Nursing, Housekeeping) _____

Severe (Dancing, Walking 3-4 mph) _____

Very Severe (Running, Walking 5 mph, Resistance Training) _____