

Personal Health Portfolio



Chapter 6 Assess Your Physical Activity

Part 1 Daily Physical Activity Log

Complete the activity log below, noting all your activity over a period of 24 hours, including time spent sleeping, watching TV, and so on. This log will help you evaluate your overall activity pattern and how much time you spend in sedentary activities.

Day/Date: _____

Activity	Duration

Part 2 Physical Activity for Fitness: Weekly Log

Next, evaluate the activities you engage in that count toward meeting the physical activity recommendations for adults. Enter the activity name (e.g., walking or stretching) and activity category (aerobic, muscle-strengthening, or flexibility), and note which days you engage in the activity. For aerobic activities, enter the intensity level and how long you were active; only count activity sessions of 10 or more minutes. Log activities for a week; then total your time for moderate- and vigorous-intensity aerobic activities.

Activity Name	Activity Category	Intensity Level*	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Sample: Brisk walking</i>	<i>Aerobic</i>	<i>Moderate</i>		<i>30 min</i>			<i>45 min</i>		
<i>Sample: Stretching</i>	<i>Flexibility</i>		X		X		X		

*Aerobic activities only

Weekly total moderate-intensity activity: _____ min Weekly total vigorous-intensity activity: _____ min

CRITICAL THINKING QUESTIONS

1. What is your weekly total for moderate intensity equivalent minutes? Note that every minute of vigorous exercise counts as two minutes of moderate activity. Light activity and activity of less than 10 minutes in duration do not count toward your weekly total.
2. Did you meet your weekly goal number of days for muscle-strengthening and flexibility activities?
3. As mentioned in the text, walking is an excellent lifestyle physical activity for health. Walking to public transportation, like the bus or the subway, can be an easy way to accumulate the weekly recommended amount of physical activity. How do you get to and from campus (and around your campus itself) and to your job if you have one? What factors affect how much you are or aren't able to incorporate walking into your daily activity? For example, perhaps you are taking this class online and thus don't have to leave the house to attend class. Or perhaps your part-time job as a dog walker means you walk for two hours five days a week. If you use Fitbit to track steps walked in a day, you can use this information to help you with your activity analysis.
4. If you did not meet the Physical Activity Guidelines for Americans, what are some things you can do to increase your daily physical activity?
5. Think about your neighborhood or community. Does it facilitate physical activity, or does it present barriers to physical activity? For example, can you and your neighbors walk to the local grocery store? Is there a park nearby where you can walk or play sports? If your community does not encourage physical activities, what needs to change?
6. Choose either walking or biking. Is your campus and local community walkable or bikeable? To help with your assessment, you may want to consult the Delaware checklist for walkability, at <http://www.ipa.udel.edu/healthyDEtoolkit/walkability/checklist.html>. For bikeability, use this checklist: http://www.pedbikeinfo.org/cms/downloads/bikeability_checklist.pdf.