

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

US EPA Human Studies FacilityPhysical Activity

Level of Intensity	Rate of Perceived Exertion	Physical Cues
Light	Easy	Does not induce sweating unless it's a hot, humid day. There is no noticeable change in breathing patterns.
Moderate	Somewhat hard	Will break a sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing.
High	Hard	Will break a sweat after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases.

ACTIVITY OR EXERCISE	INTENSITY LEVEL (LIGHT, MODERATE, HIGH)	MINUTES PER DAY	TIMES PER WEEK
Aerobic classes (dance, kickboxing, etc)			
Basketball			
Boxing			
Circuit training (i.e. Burn Boot Camp)			
Cycling, Spinning or Stationary Bike			
Gardening/mowing lawn			
Hiking/Rock climbing			
Jump Rope			
Lacrosse or Field Hockey			
Martial Arts			
Racquetball			
Running or Jogging (outside/treadmill)			
Sit-ups, Crunches, Push-ups, Pull-ups			
Soccer			
Stair climber/Elliptical/Rowing, etc			
Swimming			
Tennis			
Volleyball			
Walking (includes Golf without a cart)			
Weight lifting			
Yoga/Tai Chi, etc			
Other, Please Specify: _____			
Other, Please Specify:			
Other, Please Specify:			

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STAFF USE ONLY

Activity Level	Description of Exercise
1	Sedentary, rarely exercises
2	Exercises but no routine
3	Mild – 1 time/week - 30 minutes or less/week
4	Low Moderate- 3x's/week at least 30-60 min/week
5	Moderate-3 x's/week at least 90 min/week
6	Heavy- 3-4x's/week at least 120 min/week
7	Extreme – 5 or more x's/week at least 5 hours/week

Staff rating: \_\_\_\_\_