

APPENDIX D: THE HEALTHY PHYSICAL ACTIVITY PARTICIPATION QUESTIONNAIRE

Source: “Prescribing exercise as preventive therapy” — Reprinted from CMAJ. 2006; 174(7): 961-974. With permission of the publisher. © 2006 Canadian Medical Association. ²⁴

A. Please answer the following questions:

Frequency

Over a typical 7-day period (1 week), how many times do you engage in physical activity that is sufficiently prolonged and intense to cause sweating and a rapid heart beat?

At least three times Normally once or twice Rarely or never

Intensity

When you engage in physical activity, do you have the impression that you:

Make an intense effort? Make a moderate effort? Make a light effort?

Perceived fitness

In a general fashion, would you say that your current level of physical fitness is:

Very good Good Average Poor Very poor

B. Circle your score below for each answer and total your score:

Item	Male	Female	Male	Female	Male	Female
Frequency	Rarely or never		Normally once or twice		At least 3 times	
	0	0	2	3	3	5
Intensity	Light effort		Moderate effort		Intense effort	
	0	0	1	2	3	3
Perceived Fitness	Very poor or poor		Average		Good or very good	
	0	0	3	1	5	3

Total score: ____

C. Determine the health benefits of your physical activity based on your total score:

Total score health benefit:

9–11 Excellent
 6–8 Very good
 4–5 Good
 1–3 Fair
 0 Needs improvement