

## FORM 4.2 Physical Activity Index

### Instructions

Select the appropriate points for each of the following three parts.

**Part 1**—When you engage in sport, fitness activities, or active leisure, which description is most appropriate?

Intensity descriptions	Points
Very heavy: Continuous intense effort resulting in rapid heart rate or heavy breathing for the length of the activity.	5
Heavy: Bursts of effort that cause rapid heart rate or heavy breathing.	4
Moderate: Requires moderate effort and works up a sweat.	3
Light: Requires light effort and is often intermittent.	2
Minimal: Requires no extra effort.	1

**Part 2**—When you participate in the activity described in Part 1, how long do you keep at it?

Duration descriptions	Points	Duration descriptions	Points
35 min or more	5	5-14 min	2
25-34 min	4	Less than 5 min	1
15-24 min	3		

**Part 3**—How often do you participate in the activity described in Part 1?

Duration descriptions	Points	Duration descriptions	Points
Daily	5	1-3 times per month	2
3-6 times per week	4	Less than once per month	1
1-2 times per week	3		

### PAI Scoring

Multiply your intensity points times your duration points times your frequency points to obtain your health benefits score.

Physical Activity Index = intensity points \_\_\_\_ × duration points \_\_\_\_ × frequency points \_\_\_\_

### Health Benefit Rating for PAI Scores

PAI score	Rating	Significance
100 or more	Excellent	This level of physical activity is associated with optimal health benefits.
60-99	Good	This level of physical activity is associated with considerable health benefits.
40-59	Average	This level of physical activity is associated with some health benefits. Increased activity will provide increased health benefits.
20-39	Fair	This level of physical activity is associated with some health benefits and some health risks. Duration or frequency of activity should be increased.
Less than 20	Needs improvement	This level of physical activity is associated with considerable health risks.