

Activity and Fitness Level Assessment



Are you ready for a Just Roughin' It adventure? Complete this assessment to help us help you find your right trip.

1. How would you describe your daily activity?
 - Sitting most of the day
 - Light activity
 - On your feet 6-8 hours per day
 - Manual labor 6-8 hours per day

2. How many times a week do you participate in aerobic exercise? (Aerobic exercise is described as 20 minutes or more of continuous activity that causes you to perspire. Examples: brisk walking, bicycling, swimming, jogging, and aerobics classes)
 - Never
 - 1-2 times a week
 - 3-4 times a week
 - 5 or more times a week

3. How long is your average aerobic workout, not including warm-up or cool-down?
 - 20 minutes or less
 - 20-40 minutes
 - 40-60 minutes
 - 60 minutes or more

4. How would you rate the intensity of your workouts?
 - Very light
 - Light
 - Moderate
 - Heavy

5. How many days a week do you participate in strength training exercises? (Strength training or resistance exercises can include the use of free weights, therabands, weight machines, or calisthenics such as push-ups and sit-ups).
 - Never
 - 1-2 times a week
 - 3-4 times a week
 - 5 or more times a week

6. Please choose the following statement below that best describes you today:
 - I do not currently exercise and I have no plans to start exercising any time soon.
 - I do not currently exercise, but I have been thinking about being more active.
 - I am not as active as I would like to be, but I have been trying to be more active by trying to find more time to devote to increasing my activity level.
 - I have started an exercise program, but it still takes a lot of extra effort to make myself work out.
 - I have been exercising on a regular basis and I understand the benefits of increased activity.