



How Fit Are You?

Directions: Check only one box per each question.

1. In the past week, how many days did you exercise for at least 60 minutes?

- 0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

2. How often do you do chores around your home?

(ex: laundry, cleaning the floors, mowing the lawn, shoveling snow, etc.)



- Often (daily) Sometimes (2-3x/wk) Rarely (1x/wk) Never

3. Do you have a fitness goal?

- Yes, and I achieve it most weeks
 Yes, and I am not yet achieving it, but I am working towards it
 No

4. On average, how many hours of TV do you watch daily?

- Less than 1 hour
 1 hour
 2 hours or more



My score is:

Scroll down to check out the “Score Decoder for How Fit Are You Quiz” to see what your score means.

This quiz is not intended to diagnose actual fitness level. It is simply intended to help raise awareness of current fitness level and to suggest a starting place for future fitness goals.

Score Decoder for “How Fit Are You” Quiz:

If you scored between 0-5: You are likely not meeting the exercise recommendation for a person your age.

Suggestion: Start with some very “do-able” fitness goals, such as: walking around the block three times a week, get active during your school’s gym class, or start a pick-up game (basketball, football, catch) with friends.

If you scored between 6-9: You probably aren’t quite meeting the exercise recommendation for a person your age, but you are well on your way.

Suggestion: Keep trying- you are doing a lot of things right! Try not to get stuck in a rut, try new exercise ideas, such as: finding a trail to hike or ride your bike on, or trying out a new kind of exercise (yoga, tai chi, karate), or using a pedometer to try reaching a goal of 10,000 steps each day.

If you scored between 10-14: You are most likely meeting the exercise recommendation for a person your age.

Suggestion: Keep up the good work!

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