



# 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!

*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.*