

A Quick Way to Assess Fitness

Answer Yes or No to each of the statements.



1. I'm motivated to walk.
yes no
2. I take every chance I get to be outdoors.
yes no
3. I love playing team sports.
yes no
4. I love to run.
yes no
5. I enjoy doing group exercise.
yes no
6. I start running but give up easily.
yes no
7. I don't like the time it takes to get to a gym and back.
yes no
8. I give up easily when I exercise at home.
yes no
9. I enjoy the comradeship of an exercise class.
yes no
10. I think a lot about exercise but don't do anything.
yes no
11. I enjoy doing any kind of exercise by myself.
yes no



To think about:
Why do you want to get more fit?