



وزارة الصحة
Ministry of Health

Physical Activity Level Self-assessment Form



www.moh.gov.bh



[moh_bahrain](https://twitter.com/moh_bahrain)



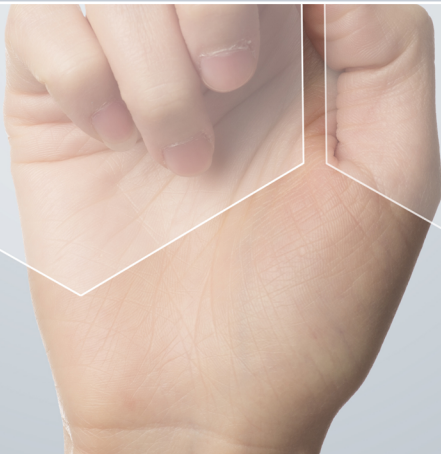
[mohbahrain](https://www.youtube.com/mohbahrain)

Answer the following questions to assess your level of physical activity

Question	Grade
1. Do you use the stairs instead of the elevator?	
<input type="checkbox"/> Always	5
<input type="checkbox"/> Sometimes	2
<input type="checkbox"/> No	0
2. Do you walk instead of using the car in short distances less than one kilometer?	
<input type="checkbox"/> Always	5
<input type="checkbox"/> Sometimes	2
<input type="checkbox"/> No	0
3. How many days a week do you engage in high-intensity physical activity, through which your breathing and heart rate increase significantly, and continue for at least 20 consecutive minutes or divided on two periods?	
<input type="checkbox"/> Every day	9
<input type="checkbox"/> Most days of the week (4-6 days)	5
<input type="checkbox"/> Some days of the week (2-3 days)	3
<input type="checkbox"/> Once a week	1
<input type="checkbox"/> Very rarely	0
4. How many days a week do you engage in moderate-intensity physical activity, through which your breathing and heart rate increase above normal in rest, and continue for at least 30 consecutive minutes or divided on two to three periods?	
<input type="checkbox"/> Every day	9
<input type="checkbox"/> Most days of the week (4-6 days)	5
<input type="checkbox"/> Some days of the week (2-3 days)	3
<input type="checkbox"/> Once a week	1
<input type="checkbox"/> Very rarely	0
5. How many days a week, do you do muscle strengthening exercises to strengthen your body muscles, or do stressful manual work at home or in the garden?	
<input type="checkbox"/> Every day	9
<input type="checkbox"/> Most days of the week (4-6 days)	5
<input type="checkbox"/> Some days of the week (2-3 days)	3
<input type="checkbox"/> Once a week	1
<input type="checkbox"/> Very rarely	0

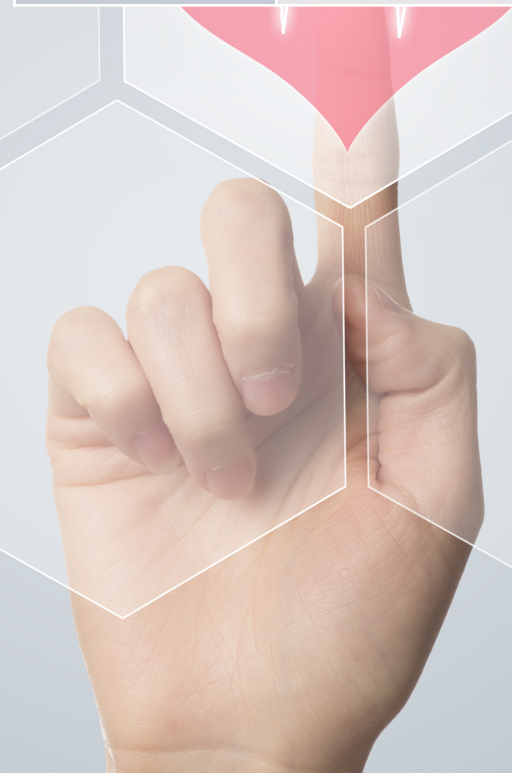
Answer the following questions to assess your level of physical activity

Question	Grade
6. How do you describe the nature of your work today in the job?	
<input type="checkbox"/> I'm active and I move a lot from place to place most of the time	3
<input type="checkbox"/> Average activity and movement	2
<input type="checkbox"/> Low activity and movement	1
<input type="checkbox"/> Purely office work / I don't work	0
7. How do you describe the nature of your activity at home?	
<input type="checkbox"/> I move most of the time and do all the hard work in the house	3
<input type="checkbox"/> Average movement and activity	2
<input type="checkbox"/> Low mobility and activity	1
<input type="checkbox"/> I sit most of the time	0
8. How much time do you spend every day watching TV, sitting in front of your computer/tablet?	
<input type="checkbox"/> Less than two hours a day	3
<input type="checkbox"/> 3-5 hours a day	1
<input type="checkbox"/> More than 5 hours a day	0
9. How much time do you spend daily reading or doing daily homework?	
<input type="checkbox"/> Nothing	3
<input type="checkbox"/> About an hour a day	2
<input type="checkbox"/> About two hours	1
<input type="checkbox"/> More than two hours, more than two hours	0



Results and evaluation

Total grade	Activity level	Recommendation
40 and more	Very active	Keep up this activity
30-39	Active	At least keep this activity level
20-29	Average activity	Recommend increasing physical activity
Less than 20	Inactive	Physical activity must be increased



Health Promotion Directorate 2022