

Godin Leisure-Time Exercise Questionnaire

Godin Leisure-Time Exercise Questionnaire

Name:

Date:

During a typical 7-day period (a week), how many times on average do you do the following kinds of exercise for more than 15 minutes during your free time?

1. Strenuous exercise - Heartbeats rapidly e.g running, jogging, hockey, football, soccer, squash, basketball, cross-country skiing, judo, roller skating, vigorous swimming, vigorous long-distance bicycling

Times per week:

2. Moderate exercise - Not exhausting e.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing

Times per week:

3. Mild/light exercise - Minimal effort e.g., yoga, archery, fishing from the river bank, bowling, horseshoes, golf, snowmobiling, easy walking

Times per week:

Scoring

1. Strenuous exercise - Frequency: X9

Times per week:

Total:

2. Moderate exercise - Frequency: X5

Times per week:

Total:

3. Mild/light exercise - Frequency: X3

Times per week:

Total:

Grand total

Specify below:

Godin leisure-time exercise score Interpretation: 24 or more = Active, 14-23 = Moderately active, Less than 14 = Insufficient active/sedentary