

# Physical Activity Calculator

*These questions are related to a week in the individual's life when they have been feeling well.*

*For instance, if they have developed an acute illness or suffering with morning sickness, it is related to a week prior to those symptoms when their health has been stable.*

*Please ask the following 2 questions:*

On average, how many days per week do they engage in moderate intensity or greater physical activity (like a brisk walk) lasting at least 10 minutes?

On those days, how many minutes do they engage in activity at this level?

   

Total minutes per week:

**Activity level is good**  
It is important to continue this activity level

Information/leaflet on physical activity provided

**Recommend trying to increase activity level up to 150 minutes per week of moderate intensity activity. Start gradually and build up in bouts of as little as 10 minutes at a time**

Information/leaflet on physical activity provided

**Activity levels are very low. Recommend trying to increase activity level to improve wellbeing and health. Start gradually and build up to bouts of as little as 10 minutes at a time**

Information/leaflet on physical activity provided