

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?			
Exercise category		Times per week	
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			
2. Moderate exercise: Not exhausting E.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing			
3. Mild/light exercise: Minimal effort E.g., yoga, archery, fishing from the river bank, bowling, horseshoes, golf, snowmobiling, easy walking			
Scoring			
Exercise category	Frequency	Times per week	Total
1. Strenuous exercise	X9		
2. Moderate exercise	X5		
3. Mild/light exercise	X3		
Total:			
Godin leisure-time exercise score		Interpretation	
24 or more		Active	
14 - 23		Moderately active	
Less than 14		Insufficient active/sedentary	

Leisure Time Manual

Zhe Xu



Leisure Time Manual:

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