

Task 1 – Questionnaire: How active are you?

Complete the questionnaire to find out how active you are.

1. How often do you walk more than a kilometre?
 - a. Every day
 - b. Once a week
 - c. Once or twice a week
 - d. Very rarely
 - e. Never

2. When was the last time you took any form of physical exercise?
 - a. Yesterday
 - b. Last week
 - c. Last month
 - d. A long time ago
 - e. I can't remember

3. Tick any of the following activities that you do regularly:
 - Cycling
 - Watching TV
 - Playing team games (football, rugby)
 - Watching team games
 - Playing computer games
 - Surfing the net
 - Walking in the countryside
 - Listening to music in your room
 - Playing outside / in the garden / in the street
 - Going to a gym
 - Messaging your friends