

What is your activity level?

Extremely inactive

Limited mobility or complete bedrest
Unable to perform activities of daily living*

Sedentary

Desk worker with little or no exercise
Activities of daily living* only
Less than 30 minutes of light activity per day
Under 5000 steps per day

Moderately active

Activities of daily living*, plus:
Exercise 3-4 days per week for ½ - 1 hour per day at moderate intensity, or
Additional daily activities (brisk walking, biking, raking leaves, swimming, dancing, water aerobics), or
5000-10,000 steps per day

Active

Activities of daily living*, plus:
Exercise 5-7 days per week for 1-2 hours per day at high intensity activities (aerobics, jogging, hockey, basketball, fast swimming, fast dancing), or
10,000-12,500 steps per day

Extremely active

Activities of daily living*, plus:
Exercise daily for 2+ hours per day at moderate-high intensity (aerobics, jogging, hockey, basketball, fast swimming, fast dancing), or
Competitive athlete, military, fitness trainer, or
Greater than 12,500 steps per day

*Activities of daily living include: shopping, cleaning, watering plants, taking out the trash, walking the dog, mowing the lawn, and gardening