Name: _____

Class: _____

**SCAFFOLD**

# Are you sufficiently active for health benefits?

| Are you sufficiently active for health benefits? | |
|---|---|
| Walking: total times/week = | Total hours/week = |
| Moderate physical activity (MPA): total times/week = | Total hours/week = |
| Vigorous physical activity (VPA): total times/week = | Total hours/week = |
| **Calculate:** | |
| Sessions: walking + MPA sessions + VPA sessions = sessions/week | |
| Hours: walking + MPA hours + (VPA hours x 2) = hours/week | |
| **Sufficiently active? (Tick if you meet either or both criteria.)** | |
| ≥150 minutes/week | |
| ≥50 minutes/week and ≥5 sessions/week | |