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?

[Input field for days]

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

[Input field for minutes]

Total minutes per week:

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

- [ ] Information/leaflet on physical activity provided

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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

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

[ ] Information/leaflet on physical activity provided