



## Lifestyle Assessment: Fitness for Blood Sugar Balancing Scorecard

Fitness Assessment				
Name				
Based upon your health profile for <b>the past 30 days</b> , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.				
Fitness Questions	0	1	2	3
How often are you exercising aerobically (e.g., brisk walk, run, cycle, swim)? <b>Recommended:</b> 30-60 minutes of brisk walking most days  0 = Less than 1 time per week, or just started 1 = 1-2 times per week 2 = 3-4 times per week 3 = Almost every day				
How often are you doing a short session (30 seconds - 1 minute) of maximum intensity burst exercise? <b>Recommended:</b> 4-8 times every other day  0 = Never, or just started 1 = Occasionally 2 = A few times a week 3 = 4-8 times every day or other day				
What time of day do you exercise? <b>Recommended:</b> Morning, or 3 or more 10-15 minutes intervals throughout the day  0 = Never, or just started 1 = Evening, or start intervals in evening 2 = Afternoon, or start intervals in afternoon 3 = Morning, or start intervals in morning				
On average, how long do you exercise (total time per day)? <b>Recommended:</b> 30-60 minutes most days  0 = Never, or just started 1 = More than 10 minutes, up to 30 minutes 2 = More than 30 minutes, up to 60 minutes 3 = More than 60 minutes				



Fitness Questions	0	1	2	3
How often are you doing a short session (2 minutes) of high intensity burst exercise 2 hours after dinner? <b>Recommended:</b> Every evening  0 = Never, or just started 1 = 1-3 times per week 2 = 4-6 times per week 3 = every evening				
<b>Total for Each Column (number of checkmarks x value)</b>				
<b>Grand Total /15</b>				

## Your Fitness/Exercise Assessment Results:

**Check the box beside the range where your total score falls.**

**12-15:** Congratulations! You have good habits in place for maximizing the benefits of exercise on your body function and keeping your blood sugar balanced. Continue to exercise regularly. Trained muscles are more sensitive to insulin than untrained ones.

**8-11:** You are well on your way to having health enhancing fitness practices in place. Continue to increase the frequency and duration of exercise sessions as taught by Dr. Ritamarie and you'll be better able to manage your weight and decrease insulin resistance induced health challenges.

**4-7:** You have the beginnings of an effective fitness program in place, but you need to pay extra attention to this area. Stick with Dr. Ritamarie's recommended guidelines and you'll be on your way to maximizing the benefits of movement

**0-3:** There's a lot of room for improvement in the way you exercise. It's time to get started on an effective fitness regime. Use Dr. Ritamarie's recommended fitness guidelines to improve in this area and reap the benefits of improvements in your health, weight and blood sugar control.

Congratulations on completing your fitness questionnaire!