

# Godin Leisure-Time Exercise Questionnaire

During a typical 7-Day period (a week), how many times on the average do you do the following kinds of exercise for **more than 15 minutes** during your free time (write on each line the appropriate number).

**Weekly leisure activity score** = (9 × Strenuous) + (5 × Moderate) + (3 × Light)

	Times per week		Totals
<b>a) STRENUOUS EXERCISE (HEART BEATS RAPIDLY)</b> (e.g., running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling)		<b>X9</b>	
<b>b) MODERATE EXERCISE (NOT EXHAUSTING)</b> (e.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)		<b>X5</b>	
<b>c) MILD/LIGHT EXERCISE (MINIMAL EFFORT)</b> (e.g., yoga, archery, fishing from river bank, bowling, horseshoes, golf, snow-mobiling, easy walking)		<b>X3</b>	
<b>WEEKLY LEISURE-TIME ACTIVITY SCORE</b>			

## EXAMPLE

Strenuous = 3 times/wk

Moderate = 6 times/wk

Light = 14 times/wk

**Total leisure activity score** = (9 × 3) + (5 × 6) + (3 × 14) = 27 + 30 + 42 = 99

Godin Scale Score	Interpretation
24 units or more	Active
14 – 23 units	Moderately Active
Less than 14 units	Insufficiently Active/Sedentary

*Adapted from: Godin, G. (2011). The Godin-Shephard leisure-time physical activity questionnaire. Health & Fitness Journal of Canada, 4(1), 18-22.*

