



**DIRECTIONS:**

Check the appropriate column indicating whether you agree or disagree with the statement.

Agree	Disagree	
		A person needs to be committed to working out daily in some form of strenuous activity to get health benefits from physical activity.
		Some people are naturally better at physical activities than others.
		If you can't be good at a physical activity, don't bother participating. It's no fun without winning.
		In order to determine if you are getting enough physical activity, you need to assess how often you are physically active, how active you are (light-, moderate-, or vigorous-intensity activities), and how long you are active at one time.
		The media (television, movies, magazines) influence what physical activities people do and the goals they set.
		You have to be highly skilled to enjoy being physically active.
		Video games count towards physical activity.