

BMR Questionnaire.

1. I start my day with...

- a. Hitting the snooze button.
- b. Quick coffee and clothes.
- c. Long-time getting ready and homemade breakfast.
- d. Morning jog or run.
- e. Resistance work and aerobic training.

2. I get to work by...

- a. I work at home.
- b. I take my car and use elevators.
- c. I take my car and try to park further away/take stairs.
- d. My job is close enough for me to walk.
- e. My job is farther away, but I walk, run or bike there.

3. My day of work is...

- a. I work at home and sit at a computer all day.
- b. I sit at a desk/computer all day.
- c. I am up and down most of the day and sit periodically (includes kids).
- d. I am moving most the time at a steady pace.
- e. I am moving most of the time at an aggressive pace. My job is very physical.

4. Physically my job is rated...

- a. 1-2 level of intensity
- b. 3-4 level of intensity
- c. 5-6 level of intensity
- d. 7-8 level of intensity
- e. 9-10 level of intensity

5. After work I...

- a. Am already home.
- b. Drive straight home or stop to get food and a drink.
- c. Run errands for extended periods of time.
- d. Hit the gym or work out at home.
- e. Go to second job/train for more than an hour.

6. I workout...

- a. Never.
- b. 1-3 times a week lightly.
- c. 3-5 times a week moderately.
- d. 3-5 times a week with moderate/high intensity.
- e. 5-7 times a week with high intensity.

7. At night I...

- a. Lay or sit still watching TV.
- b. Watch TV, but hand cook my meals.
- c. Go out with friends/socialize.
- d. Exercise and cook dinner.
- e. Am still working.

8. I sleep ...

- a. 10+ hours a night.
- b. 8-10 hours a night.
- c. 6-8 hours a night.
- d. 4-6 hours a night.
- e. Less than 4 hours a night.

9. When I exercise I ...

- a. Keep it to light walking and activity.
- b. Walk a lot/power-walk and maybe do a few resistance movements.
- c. Light aerobic work and some resistance training.
- d. Participate intensely in organized aerobic and resistance work.
- e. Train for hours on end. I'm an athlete.

10. On the weekends I ...

- a. Catch up on TV, computer, video games and rest.
- b. Mostly sit around, run some errands, cook dinner.
- c. Do movement based socializing or play sports with friends.
- d. Participate in organized aerobic and resistance training.
- e. Train for hours on end. I'm an athlete.

A: 1 point

B: 2 points

C: 3 points

D: 4 points

E: 5 points

10-15 points: Activity Level 1.1 to 1.2

16-25 points: Activity Level 1.3 to 1.4

26-33 points: Activity Level 1.45 to 1.55

34-42 points: Activity Level 1.6 to 1.8

43-50 points: Activity Level 1.85