



Cerebrovascular Imaging Project
Assessment of Cardiorespiratory Fitness (CRF)
Version 1.2, 11 July 2018

Please choose one activity category that best describes your usual pattern of daily physical activities, including activities related to house and family care, transportation, occupation, exercise and wellness, and leisure or recreational purposes.

Level	Activity
1	Inactive or little activity other than usual daily activities
2	Regularly ($\geq 5d/wk$) participating in physical activities requiring low levels of exertion that result in slight increase in breathing and heart rate for at least 10 minutes at a time.
3	Participating in aerobic exercises such as brisk walking, jogging or running, cycling, swimming, or vigorous sports at a comfortable pace, or other activities requiring similar levels of exertion for 20 to 60 minutes per week.
4	Participating in aerobic exercises such as brisk walking, jogging or running at a comfortable pace, or other activities requiring similar levels of exertion for 1 to 3 hours per week.
5	Participating in aerobic exercises such as brisk walking, jogging or running at a comfortable pace, or other activities requiring similar levels of exertion for over 3 hours per week.

According to the table, your level of activity is