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Environmental Challenges (weather, convenient classes or gym, affordable location, equipment/space)	0	1	2
Lack of Information about exercise for PD (how to exercise, what to do, why it is important)	0	1	2
Lack of Social Support (lack of emotional or transportation support from family, friends, or peers)	0	1	

Parkinson's Disease Exercise Self-Assessment

1. Current Exercise (Physical Activity Vital Sign)

- On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)?
_____ days
- On average, how many minutes do you engage in exercise at this level (moderate to strenuous)?
_____ minutes
- Total minutes per week of physical activity (multiply #1 by #2)
_____ minutes per week

2. What types of exercise do you do? (Check all that apply.)

- | | | |
|------------------------|---------------|-------------------------|
| Physical therapy_____ | Tai chi_____ | PD-specific groups_____ |
| Aerobic exercise_____ | Boxing_____ | Yoga/Pilates_____ |
| Strength training_____ | Dance_____ | Other_____ |
| Cycling/Spinning_____ | Aquatics_____ | |

3. Over the past month, how well have you been able to maintain your regular exercise habits?

	0	1	2
Mood or Motivation Problems (feeling apathetic or depressed, loss of a loved one)	0	1	2
Lack of Time (other obligations, time commitments, family/kids, work, appointments)	0	1	2
Environmental Challenges (weather, convenient classes or gym, affordable location, equipment/space)	0	1	2
Lack of Information about exercise for PD (how to exercise, what to do, why it is important)	0	1	2
Lack of Social Support (lack of emotional or transportation support from family, friends, or peers)			

KEY

Everyone is different and should make their own individualized exercise plan. Use the following key to determine if you should seek support to help you develop an ideal exercise plan.

	You might need support if:	Recommendations
Question 1: <i>Current exercise</i>	1c is less than 150 minutes	People with PD should try to exercise at least 150 min/week at a moderate intensity for aerobic activities. Ask your Doctor or Physical Therapist if you are unsure if you are meeting physical activity/exercise recommendations or how you can improve.
Question 2:		