

Acknowledgments must be given to Godin & Shephard (1985) if this document is used or adapted

Godin Leisure Time Exercise Questionnaire: Scoring for health contribution

a) Cut point: A cut point at 24 units, obtained with two intensities (A: Strenuous) and/or (B: Moderate) (excluding «C»: Mild), would be probably better than 20 units (with all intensities). Except (potentially) for easy walking and golf (without caddy car), the nature of activities (examples) for «Mild exercise» are not associated with health benefits.

24 units or more: Active (*Substantial benefits*)

23 units or less: Insufficiently active («Inactive»???)
(*Less substantial or any benefits*)

b) Duration: *more than 15 minutes*. We don't have any others information for this dimension (20 min.?, 30 min.?, 60 min?, other?)

c) 24 units or more: Examples

c.1) Strenuous, 3 times a week: $9 \times 3 = 27$

c.2) Strenuous, 2 times a week: $9 \times 2 = 18$

and Moderate, 2 times a week: $5 \times 2 = 10$

Total: $18 + 10 = 28$

c.3) Strenuous, 1 time a week: $9 \times 1 = 9$

and Moderate, 3 times a week: $5 \times 3 = 15$

Total: $9 + 15 = 24$

c.4) Moderate, 5 times a week: $5 \times 5 = 25$

24 units or more: this cut point is more near of the «basic» public health recommendations (Minimal weekly volume with strenuous *and/or* moderate physical activity).