### Availability:
Please visit this website for more information about the instrument: [Click here for the Physical Activity Assessment instrument.](#)

### Classification:
Supplemental

### Short Description of Instrument:
The Medical Research Council offers a wide range of physical activity assessments that cover a wide range of information. The scope of physical activity includes frequency, intensity, duration and type.

### References:
- Baranowski T and Domel SB. A cognitive model of children's reporting of food intake: [Click here for Am J Clin Nutr. 1994; 59: S212-17.](#)