Vitality®

ON A SCALE OF 1 TO 10, HOW RISKY ARE THESE ACTIVITIES?

LOW	MODERATE-LOW	MODERATE	MODERATE-HIGH	HIGH
1 Opening the mail	3 Grocery shopping	5 Attending a backyard barbecue	7 Going to a salon or barbershop	8 Working out at a gym
2 Getting restaurant takeout	3 Playing golf	6 Sending kids to school or camp	7 Eating in a restaurant (inside)	8 Going to an amusement park
2 Pumping gasoline	4 Sitting in a doctor's waiting room	6 Working a week in an office	7 Attending a wedding or funeral	8 Going to a movie theater
2 Playing tennis	4 Eating in a restaurant (outside)	6 Swimming in a public pool	7 Traveling by plane	9 Going to a sports stadium
2 Going camping	4 Walking in a busy downtown	6 Visiting an elderly loved one	7 Playing basketball	9 Going to a bar

Source: Texas Medical Association