



# Temple University Community Participation Measure (TUCPM)

26 Items



**Sedentary**  
13 Items



Average MET: 1.45

**Light**  
10 Items



Average MET: 2.2

**Moderate to Vigorous (MVPA)**  
3 Items



Average MET: 4.13

{Important}

**2/3** identified light activities as important

**2/3** identified MVPA activities as important

{Greater Participation}

**1/3** desired greater participation in light activities

**1/3** desired greater participation in MVPA activities

