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: 4.73

{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