

# Individual Physical Activity Resources

[Individual Physical Activity User Guide](#)

[NCCOR Measures Registry](#)

[Using the Measures Registry](#)

## Module 1

- [A Systematic Approach to Selecting an Appropriate Measure of Self-Reported Physical Activity or Sedentary Behavior](#), Sternfeld et al.
- [Guide to the Assessment of Physical Activity: Clinical and Research Applications](#), Strath et al.
- Behavioral Epidemiology Framework [PDF]

## Module 2

- [U.S. Physical Activity Guidelines](#)
- [Youth Compendium of Physical Activity](#)
- [METs to Calories Calculator](#)
- MARCA Guide [PDF]

## Module 3

- [Systematic Review of the Validity and Reliability of Consumer-Wearable Activity Trackers](#), Evenson et al.
- [Using Fitness Trackers and Smartwatches to Measure Physical Activity in Research: Analysis of Consumer Wrist-Worn Wearables](#), Henriksen et al.
- [Standardizing Analytic Methods and Reporting in Activity Monitor Validation Studies](#), Welk et al.