

subj\_id, visit\_number table: current\_physical\_activity

**WALKING:**

- 1. During the past year, how many city blocks or their equivalent (12 blocks ≈ 1 mile) have you normally walked each day (for example: walking for exercise, walking to work)?

\_\_\_\_\_ # of blocks per day blocks\_per\_day

- 2. What is your usual pace of walking? (Please check one.) usual\_pace

- \_1 Casual or strolling (less than 2 mph)
- \_2 Average or normal (2 to 3 mph)
- \_3 Fairly brisk (3 to 4 mph)
- \_4 Brisk or striding (4 mph or faster)

- 3. During the past year, how many flights of stairs (10 steps ≈ 1 flight) have you typically climbed up each day?

\_\_\_\_\_ # of flights per day stair\_flights\_per\_day

**REGULAR EXERCISE**

- 4. At least once a week, do you engage in regular exercise activity (for example, brisk jogging, bicycling, swimming, weight-lifting etc.) long enough to work up a sweat, get your heart thumping, or get out of breath?

regular\_exercise (YN)

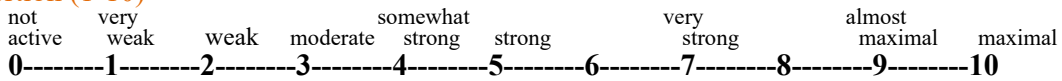
- \_No (go to question # 6.)
- \_Yes (please describe in the table below)

Exercise activity -- list up to 4    Number of times per week    Average time per episode

		Hours	Minutes
regex1_code (CODE_PHYSICAL_ACTIVITY)	regex1_times	regex1_hrs	regex1_mins
regex2_code (CODE_PHYSICAL_ACTIVITY)	regex2_times	regex2_hrs	regex2_mins
regex3_code (CODE_PHYSICAL_ACTIVITY)	regex3_times	regex3_hrs	regex3_mins
regex4_code (CODE_PHYSICAL_ACTIVITY)	regex4_times	regex4_hrs	regex4_mins
regex5_code (CODE_PHYSICAL_ACTIVITY)	regex5_times	regex5_hrs	regex5_mins
regex6_code (CODE_PHYSICAL_ACTIVITY)	regex6_times	regex6_hrs	regex6_mins

- 5. When you are exercising in your usual fashion, how would you rate your level of exertion (degree of effort)? (Please circle one number.)

exertion (1-10)



**SPORT & ACTIVE RECREATIONAL ACTIVITIES:**

