

1. _____ #Blocks per day

- 2. 1 Casual
- 2 Average
- 3 Fairly brisk
- 4 Brisk

3. _____ #Flights per day

4. Y N (If no, skip to 6.)

- a. _____ activity _____ times per week _____ / _____ hour/minutes
- b. _____ activity _____ times per week _____ / _____ hour/minutes
- c. _____ activity _____ times per week _____ / _____ hour/minutes
- d. _____ activity _____ times per week _____ / _____ hour/minutes

5. _____

6. Y N (If no, skip to 7.)

- a. _____ activity _____ times per year _____ / _____ hour/minutes
- b. _____ activity _____ times per year _____ / _____ hour/minutes
- c. _____ activity _____ times per year _____ / _____ hour/minutes
- d. _____ activity _____ times per year _____ / _____ hour/minutes
- e. _____ activity _____ times per year _____ / _____ hour/minutes

7. a. _____ Hours weekday _____ Hours weekend

b. _____ Hours weekday _____ Hours weekend

c. _____ Hours weekday _____ Hours weekend

d. _____ Hours weekday _____ Hours weekend

e. _____ Hours weekday _____ Hours weekend