

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

2. What is your **usual** pace of walking? (Please check one.)

- Casual or strolling (less than 2 mph)
- Average or normal (2 to 3 mph)
- Fairly brisk (3 to 4 mph)
- 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

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?

- 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

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

not active very weak weak moderate somewhat strong strong very strong almost maximal maximal
 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

SPORT & ACTIVE RECREATIONAL ACTIVITIES:

6. List any **sports or recreation activities** in which you have actively participated during the past year. Examples might include golfing, bowling, softball, dancing, rock climbing, hunting, etc. Please include seasonal sports or events.

Sport or recreational activity—list up to 5	Number of	Average time per episode

(if none, write "none" and go to # 7.)	times per year	Hours	Minutes

USUAL DAILY ACTIVITY

7. On a **usual** weekday, and on a weekend day, how much time do you spend on the activities? The total for each column should add up to 24 hours.

following

	Usual Weekday <u>hours per day.</u>	Usual Weekend day <u>hours per day.</u>
a. Sleeping	_____	_____
b. Sitting activity (eating, reading, desk/computer work, watching TV, listening to radio, etc.)	_____	_____
c. Light activity (driving car, strolling, personal care, standing with little motion, etc.)	_____	_____
d. Moderate activity (housework, light sports, regular walking, golf, yard work, light carpentry, ballroom dancing, bicycling on level ground, etc.)	_____	_____
e. Vigorous activity (jogging, aerobic dancing, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)	_____	_____
Total	24 hours	24 hours