

Past Physical Activity Questionnaire-Code sheet

ID# _____

1. Y N (If no, skip to 2.)

- a. 1 1-3 years
- 2 4-6 years
- 3 7-9 years
- 4 10 or more years

- b. 1 1-2 days
- 2 3-4 days
- 3 5-7 days

- c. 1 10-25 minutes
- 2 30-40 minutes
- 3 45-55 minutes
- 4 60+ minutes

- d. 1 Casual
- 2 Moderate
- 3 Fast

2. Y N (If no, skip to 3)

- a. 1 1-3 years
- 2 4-6 years
- 3 7-9 years
- 4 10 or more years

- b. 1 1-2 days
- 2 3-4 days
- 3 5-7 days

- c. 1 10-25 minutes
- 2 30-40 minutes
- 3 45-55 minutes
- 4 60+ minutes

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

- a. 1 1-3 years
- 2 4-6 years
- 3 7-9 years
- 4 10 or more years

- b. 1 1-2 days
- 2 3-4 days
- 3 5-7 days

- c. 1 10-25 minutes
- 2 30-55 minutes
- 3 60-115 minutes
- 4 120+ minutes

4. Y N (If no, skip to 5.)

- a. 1 1-3 years
- 2 4-6 years
- 3 7-9 years
- 4 10 or more years

- b. 1 1-2 days
- 2 3-4 days
- 3 5-7 days

- c. 1 10-25 minutes
- 2 30-40 minutes
- 3 45-55 minutes
- 4 60+ minutes

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

- a. 1 1-3 years
- 2 4-6 years
- 3 7-9 years
- 4 10 or more years

- b. 1 1-2 days
- 2 3-4 days
- 3 5-7 days

- c. 1 10-25 minutes
- 2 30-40 minutes
- 3 45-55 minutes
- 4 60+ minutes

6. _____ Not applicable
- _____ Light conditioning
- _____ Low impact
- _____ Aerobics
- _____ Running
- _____ Swimming
- _____ Dancing
- _____ Slow cycling
- _____ Fast cycling
- _____ Tennis
- _____ Other