

**The following questions concern your physical activities at work.**

**1. How much time at work is spent sitting?** (circle number)

- 0 = practically all the time
- 1 = more than 1/2
- 2 = about 1/2
- 3 = less than 1/2
- 4 = almost none

**2. How much time at work is spent walking?** (circle number)

- 0 = almost none of the time
- 1 = less than 1/2
- 2 = about 1/2
- 3 = more than 1/2
- 4 = practically all

**3. How far in yard/miles do you walk in traveling to and from work?** (circle number)

- 0 = less than 100 yards or work at home
- 1 = 100 to 200 yards
- 2 = 200 to 300 yards
- 3 = 1/4 mile at least, but not 1/2 mile
- 4 = 1/2 mile at least, but not 1 mile
- 5 = 1 mile at least, but not 2 miles
- 6 = more than 2 miles

**4. What is your primary means of transportation to and from work?** (circle number)

- 0 = walk or bicycle
- 1 = car, bus, train, or ferry
- 2 = underground
- 3 = other modes of transport
- 4 = work at home

**5. How often do you carry heavy things at work?** (circle number)

- 0 = never or very infrequently
- 3 = sometimes
- 6 = frequently

**6. How many hours a week do you spend at work?** (circle number)

- 1 = less than 25 hours
- 2 = 25 – 34 hours
- 3 = 35 – 40 hours
- 4 = 41 – 50 hours
- 5 = 51 + hours

**The following questions concern your activities when you are not working.**

**7. How often do you take walks, runs or jogs in good weather?** (circle number)

0 = never or very infrequently

1 = sometimes

2 = frequently

**8. How often do you swim for exercise or do aerobic exercising?** (circle number)

0 = never or very infrequently

1 = sometimes

2 = frequently

**9. How often do you do physical work around the house or flat?** (circle number)

0 = never or very infrequently

1 = sometimes

2 = frequently

**10. How often do you take part in sports like an active ball game (not including sports like golf, bowling, pool, or snooker)?** (circle number)

0 = never or very infrequently

3 = sometimes

4 = frequently

**11. How often do you take part in sports like golf, bowling, pool, or snooker)?**  
(circle number)

0 = never or very infrequently

2 = sometimes

3 = frequently

**12. How often do you watch television?** (circle number)

0 = once a week or less

1 = several times a week

2 = daily, less than 2 hours

3 = 2 to 4 hours a day

4 = more than 4 hours a day

**13. How often do you listen to radio or read?** (circle number)

0 = once a week or less

1 = several times a week

2 = daily, less than 2 hours

3 = 2 to 4 hours a day

4 = more than 4 hours a day