

1. At least once a week, do you engage in any regular activity like brisk walking, jogging, bicycling, etc. long enough to work up a sweat?

0 NO

0 YES → **How many times per week?** _____ times per week

2. We are interested in the number of flights of stairs you climb UP on average each day. We only want to know the number of flights you climb going UP - not down. Let one flight = 10 steps if you know the number of steps.

_____ flights per day

3. How many city BLOCKS or their equivalent do you walk on average each day? We are only interested in walking done OUT OF DOORS. We do NOT want walking done around the house or at work. If you walk for exercise, report it in the table below, NOT here. Consider that 12 blocks = 1 mile.

_____ blocks per day

4. In the table below, please list any sports or recreational activities in which you participated during the PAST WEEK. These activities can include the activities mentioned in question #1 above. We are interested only in the time you were physically active.

		Average Time per Episode	
Sport or recreation during the past week	# of times the past week	Hours	Minutes
a)			
b)			
c)			
d)			