

Physical Activities

1. How many city blocks or their equivalent do you regularly walk each day?

_____ blocks/day (Let 12 blocks = 1 mile.)

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. How many flights of stairs do you climb up each day?

_____ flights/day (Let 1 flight = 10 steps)

4. List any sports or recreation you have actively participated in during the past year. Please remember seasonal sports or events. Space is provided for up to four activities below.

a. Sport, recreation or other physical activity: _____

Number of times per year: _____

Average time per episode: _____ minutes

Years participation: _____

b. Sport, recreation or other physical activity: _____

Number of times per year: _____

Average time per episode: _____ minutes

Years participation: _____

c. Sport, recreation or other physical activity: _____

Number of times per year: _____

Average time per episode: _____ minutes

Years participation: _____

d. Sport, recreation or other physical activity: _____

Number of times per year: _____

Average time per episode: _____ minutes

Years participation: _____

5. At least once a week, do you engage in regular activity akin to brisk walking, jogging, bicycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?

_____ No

_____ Yes

IF YES:

How many times per week? _____

Activity: _____

6. When you are exercising in your usual fashion, how would you rate your level of exertion (degree of effort)? Choose a number between 0 and 10, where 0 = “no effort at all” and 10 = “maximal effort”.

Level of exertion: _____

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

	Usual Weekday Hours/Day	Usual Weekend Day Hours/Day
a. vigorous activity (digging in the garden, strenuous sports, jogging, chopping wood, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)	_____	_____
b. moderate activity (housework, light sports, regular walking, golf, yard work, lawn mowing, painting, repairing, light carpentry, dancing, bicycling on level ground, etc.)	_____	_____
c. light activity (office work, driving a car, strolling, personal care, standing with little motion, etc.)	_____	_____
d. sitting activity (eating, reading, desk work, watching TV, listening to the radio, etc.)	_____	_____
e. sleeping or reclining	_____	_____