INTERVIEWER: PLEASE MARK TIME: ____ : ____ : ____

INTERVIEWER: (Please hand the subject the list of activities while reading this statement). Here is a list of common types of physical activities. Please tell me which of them you did during a typical week in the last month. Our interest is learning about the types of physical activities that are a part of your regular work and leisure routines.

For each activity you do, please tell me how much time (hours) you spent doing this activity during a typical week. (Hand subject card #1.)

<table>
<thead>
<tr>
<th>Work</th>
<th>Time (Hrs/Wk)</th>
<th>Intensity Code* (kcal/min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping (e.g., grocery, clothes)</td>
<td></td>
<td>3.5</td>
</tr>
<tr>
<td>Stair climbing while carrying a load</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td>Laundry (time loading, unloading, hanging, folding only)</td>
<td></td>
<td>3.0</td>
</tr>
<tr>
<td>Light housework: tidying, dusting, sweeping; collecting trash in home; polishing; indoor gardening; ironing)</td>
<td></td>
<td>3.0</td>
</tr>
<tr>
<td>Heavy housework: vacuuming, mopping; scrubbing floors and walls; moving furniture, boxes or garbage cans</td>
<td></td>
<td>4.5</td>
</tr>
<tr>
<td>Food preparation (10+ mins in duration): chopping, stirring; moving about to get food items, pans</td>
<td></td>
<td>2.5</td>
</tr>
<tr>
<td>Food service (10+ mins in duration): setting table; carrying food; serving food</td>
<td></td>
<td>2.5</td>
</tr>
<tr>
<td>Dish washing (10+ mins in duration): clearing table; washing/drying dishes, putting dishes away</td>
<td></td>
<td>2.5</td>
</tr>
<tr>
<td>Light home repair: small appliance repair; light home maintenance/repair</td>
<td></td>
<td>3.0</td>
</tr>
<tr>
<td>Heavy home repair: painting, carpentry, washing/polishing car</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td>5.5</td>
<td></td>
</tr>
</tbody>
</table>

+ determined by the specific activity
<table>
<thead>
<tr>
<th>Yardwork</th>
<th>Time (Hrs/Wk)</th>
<th>Intensity Code* (kcal/min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardening: planting, weeding, digging, hoeing</td>
<td></td>
<td>4.5</td>
</tr>
<tr>
<td>Lawn mowing (walking only)</td>
<td></td>
<td>4.5</td>
</tr>
<tr>
<td>Clearing walks/driveway: sweeping, shoveling, raking</td>
<td></td>
<td>5.0</td>
</tr>
<tr>
<td>Other: _________________________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caretaking</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Older or disabled person (lifting, pushing wheelchair)</td>
<td></td>
<td>5.5</td>
</tr>
<tr>
<td>Childcare (lifting, carrying, pushing stroller)</td>
<td></td>
<td>4.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walking (10+ mins in duration)</td>
<td></td>
<td>6.0</td>
</tr>
<tr>
<td>Pool exercise, stretching, yoga</td>
<td></td>
<td>3.0</td>
</tr>
<tr>
<td>Vigorous calisthenics, aerobics</td>
<td></td>
<td>6.0</td>
</tr>
<tr>
<td>Cycling, exercycle</td>
<td></td>
<td>6.0</td>
</tr>
<tr>
<td>Swimming (laps only)</td>
<td></td>
<td>6.0</td>
</tr>
<tr>
<td>Other: _________________________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Activities</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisurely walking (10+ mins in duration)</td>
<td></td>
<td>3.5</td>
</tr>
<tr>
<td>Needlework: knitting, sewing, needlepoint, etc.</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>Dancing (mod/fast): line, ballroom, tap, square, etc.</td>
<td></td>
<td>5.5</td>
</tr>
<tr>
<td>Bowling, bocci</td>
<td></td>
<td>3.0</td>
</tr>
<tr>
<td>Golf (walking to each hole only)</td>
<td></td>
<td>5.0</td>
</tr>
<tr>
<td>Racquet sports: tennis, racket ball</td>
<td></td>
<td>7.0</td>
</tr>
<tr>
<td>Billiards</td>
<td></td>
<td>2.5</td>
</tr>
<tr>
<td>Other: _________________________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INTERVIEWER: (Please read to subject). I would now like to ask you about certain types of activities that you have done during the past month. I will ask you about how much vigorous activity, leisurely walking, sitting, standing, and some other things that you usually do.

1. About how many times during the month did you participate in vigorous activities that lasted at least 10 minutes and caused large increases in breathing, heart rate, or leg fatigue or caused you to perspire (hand subject card #2.)

   SCORE:  
   0 = Not at all (go to Q3)  
   1 = 1-3 times per month  
   2 = 1-2 times per week  
   3 = 3-4 times per week  
   4 = 5+ times per week  
   7 = Refused  
   8 = Don’t know  
   FREQUENCY SCORE = ____________________

2. About how long did you do this vigorous activity(ies) each time?  
(Hand subject card #3.)

   SCORE:  
   0 = Not applicable  
   1 = 10-30 minutes  
   2 = 31-60 minutes  
   3 = 60+ minutes  
   7 = Refused  
   8 = Don’t know  
   DURATION SCORE = ____________________

   WEIGHT = 5

   VIGOROUS ACTIVITY INDEX SCORE:

   FREQ SCORE _____ x DUR SCORE _____ x WEIGHT _____ = ________________
   (Responses of 7 or 8 are scored as missing.)

3. Think about the walks you have taken during the past month. About how many times per month did you walk for at least 10 minutes or more without stopping which was not strenuous enough to cause large increases in breathing, heart rate, or leg fatigue or cause you to perspire?  
(Hand subject card #2.)

   SCORE:  
   0 = Not at all (go to Q5)  
   1 = 1-3 times per month  
   2 = 1-2 times per week  
   3 = 3-4 times per week  
   4 = 5+ times per week  
   7 = Refused  
   8 = Don’t know  
   FREQUENCY SCORE = ____________________
4. When you did this walking, for how many minutes did you do it?
(Hand subject card #3.)

**SCORE:**

0 = Not applicable  
1 = 10-30 minutes  
2 = 31-60 minutes  
3 = 60+ minutes  
7 = Refused  
8 = Don’t know  

**DURATION SCORE** = _____________  

**WEIGHT** = _____________  

**LEISURELY WALKING INDEX SCORE:**

**FREQ SCORE** _____ x **DUR SCORE** _____ x **WEIGHT** _____ = _____________

(Responses of 7 or 8 are scored as missing.)

5. About how many hours a day do you spend moving around on your feet while doing things? Please report only the time that you are actually moving.
(Hand subject card #4.)

**SCORE:**

0 = Not at all  
1 = less than 1 hr per day  
2 = 1 to less than 3 hrs per day  
3 = 3 to less than 5 hrs per day  
4 = 5 to less than 7 hrs per day  
5 = 7+ hrs per day  
7 = Refused  
8 = Don’t know  

**MOVING SCORE** = _____________  

**WEIGHT** = _____________  

**MOVING INDEX SCORE:**

MOVING SCORE _____ x WEIGHT _____ = _____________

(Responses of 7 or 8 are scored as missing.)

6. Think about how much time you spend standing or moving around on your feet on an average day during the past month. About how many hours per day do you stand?
(Hand subject card #4.)

**SCORE:**

0 = Not at all  
1 = less than 1 hr per day  
2 = 1 to less than 3 hrs per day  
3 = 3 to less than 5 hrs per day  
4 = 5 to less than 7 hrs per day  
5 = 7+ hrs per day  
7 = Refused  
8 = Don’t know  

**STANDING SCORE** = _____________  

**WEIGHT** = _____________
STANDING INDEX SCORE:

STANDING SCORE _____ x WEIGHT _____ = ____________
(Responses of 7 or 8 are scored as missing.)

7. About how many hours did you spend sitting on an average day during the past month? (Hand subject card #5.)

SCORE: 0 = Not at all
1 = less than 3 hrs
2 = 3 to less than 6 hrs
3 = 6 to less than 8 hrs
4 = 8+ hrs per day
7 = Refused
8 = Don’t know

SITTING SCORE = ____________

WEIGHT = 1

SITTING INDEX SCORE:
SITTING SCORE _____ x WEIGHT _____ = ____________
(Responses of 7 or 8 are scored as missing.)

8. About how many flights of stairs do you climb up each day? (let 10 steps = 1 flight.)

_____________________

9. Please compare the amount of physical activity that you do during other seasons of the year with the amount of activity you just reported for a typical week in the past month. For example, in the summer, do you do more or less activity than what you reported doing in the past month?

(INTERVIEWER: PLEASE CIRCLE THE APPROPRIATE SCORE FOR EACH SEASON.)

<table>
<thead>
<tr>
<th>Season</th>
<th>Lot More</th>
<th>Little More</th>
<th>Same</th>
<th>Little Less</th>
<th>Less</th>
<th>Lot Less</th>
<th>Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring</td>
<td>1.30</td>
<td>1.15</td>
<td>1.00</td>
<td>0.85</td>
<td>0.70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer</td>
<td>1.30</td>
<td>1.15</td>
<td>1.00</td>
<td>0.85</td>
<td>0.70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>1.30</td>
<td>1.15</td>
<td>1.00</td>
<td>0.85</td>
<td>0.70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td>1.30</td>
<td>1.15</td>
<td>1.00</td>
<td>0.85</td>
<td>0.70</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SEASONAL ADJUSTMENT SCORE = SUM OVER ALL SEASONS / 4 ____________

INTERVIEWER PLEASE MARK TIME: ___ ___ : ___ ___ : ___ ___
HR MN SEC
Card #1

WEEKLY PHYSICAL ACTIVITIES

Work

Shopping (e.g., grocery, clothes)
Stair climbing while carrying a load
Laundry
Light housework: tidying, dusting, sweeping, collecting garbage in home, polishing, indoor gardening, ironing
Heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, moving boxes or garbage cans
Food preparation (10+ min.): chopping, stirring, moving around to get food items, pots or pans
Food service (10+ min.): setting table; carrying food, serving food
Dishwashing (10+ min.): clearing table, washing and drying dishes, putting dishes away
Light home repair: small appliance repair, light household maintenance and repair tasks
Heavy home repair: painting, washing and polishing car, carpentry
Other: ___________________________________

Yardwork

Gardening: pruning, planting, weeding, hoeing, digging
Lawn mowing (walking only)
Clearing walks and driveway: raking, shoveling, sweeping
Other: ___________________________________
Caretaking

Older or disabled person: lifting, pushing wheelchair
Childcare: lifting, pushing stroller

Exercise

Brisk walking for exercise (10+ min.): causes large increases in heart rate, breathing or leg fatigue
Stretching exercises, yoga, pool exercise
Vigorous calisthenics, aerobics: causes large increases in heart rate, breathing or leg fatigue
Cycling, exercycle
Lap swimming
Other: ___________________________________

Recreational Activities

Leisurely walking (10+ min.)
Hiking
Needlework: knitting, sewing, crocheting, needlepoint
Dancing (mod/fast): line dancing, ballroom, square, tap, etc.
Bowling, bocci
Golf (walking to each hole only)
Racquet sports: tennis, racquetball
Billiards
Other: ___________________________________
Card #2

Not at all
1-3 times per month
1-2 times per week
3-4 times per week
5 or more times per week
Don’t know

Card #3

10-30 minutes
31-60 minutes
60 or more minutes
Don’t know

Card #4

Not at all
less than 1 hour per day
1 to less than 3 hours per day
3 to less than 5 hours per day
5 to less than 7 hours per day
7 or more hours per day
Don’t know

Card #5

Not at all
less than 3 hrs per day
3 to less than 6 hrs per day
6 to less than 8 hrs per day
8 or more hours per day...