



Physical Activity

Acrostic: ACROSTIC

Date:
Month Day Year

Think about the types of activities you did in a **typical week in the past month**. For each activity, note which of these activities you did in a typical week by filling in the circle for YES or NO. For each item you mark as YES, fill in the circle for the number of DAYS in a typical week you did these activities and the AVERAGE TIME per day in hours and minutes you did these activities.

Intensity Levels:
 Light → easy effort
 Moderate → harder than light but not all-out effort
 Heavy → all-out effort

Example:

Conditioning Activities

Moderate Effort:

Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines - moderate intensity

		Days/Week							Hours/Day						Minutes/Day			
Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
1	0	1	2	3	4	5	6	7	1	2	3	4	5	6	5	15	30	45

In this example, the activity was done 3 days per week, 1 hour and 30 minutes per day.

In a typical week in the past month, did you do:

Household chores		Days/Week							Hours/Day						Minutes/Day			
1 <u>Light Effort:</u> Such as cooking, dishes, ironing, straightening up, laundry, shopping		HHCHL1							HHLHR1						HHLMN1			
Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 <u>Moderate or Heavy Effort:</u> Such as heavy cleaning, scrubbing, mopping, home repairs, washing car, vacuuming		HHCHMH1							HMHHR1						HMHMN1			
Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical Activity - 2

Id#:

In a typical week in the past month, did you do:

Lawn/Yard/Garden/Farm	Days/Week	Hours/Day	Minutes/Day
3 <u>Moderate Effort:</u> Such as weeding, mowing grass, raking, cleaning garage, sweeping YARDM1	YARDMDY1 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	YARDMHR1 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	YARDMMN1 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
4 <u>Heavy Effort:</u> Such as digging dirt, shoveling snow, mending fences, chopping wood YARDH1	YARDHDY1 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	YARDHHR1 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	YARDHMN1 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Care of Children/Adults	CARELDY1	CARELHR1	CARELMN1
5 <u>Light Effort:</u> Such as bathing, feeding, changing diapers, playing with child CAREL1	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
6 <u>Moderate Effort:</u> Such as lifting and carrying, pushing wheelchair or stroller CAREM1	CAREMDY1 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	CAREMHR1 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	CAREMMN1 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Transportation DRIVE1	DRIVEDY1	DRIVEHR1	DRIVEMN1
7 Drive or ride in car, ride the bus/subway, including travel to work	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Walking (not at work)	WALKDY1	WALKHR1	WALKMN1
8 Walking to get places - to the bus, car, work, into the store WALK1	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
9 Walking for exercise, pleasure, social reasons, walking during work breaks, walking the dog WALKEX1	WLKEXDY1 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	WLKEXHR1 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	WLKEXMN1 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Dancing/Sport Activities	DANCEDY1	DANCEHR1	DANCEMN1
10 Dancing in church, ceremonies or for pleasure DANCE1	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Physical Activity - 3

Id#:

In a typical week in the past month, did you do:

			Days/Week TMSPDY1							Hours/Day TMSPHR1						Minutes/Day TMSPMN1			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
11 Team sports - softball, volleyball, basketball, soccer TEAMSP1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 Dual sports - tennis, racketball, paddleball DUALSP1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13 Individual activities - golf, bowling, yoga, T'ai Chi INDACT1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conditioning Activities																			
14 Moderate Effort: Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines - moderate intensity CONDMOD1	<input type="radio"/>	<input type="radio"/>	CONDMDY1							CONDMHR1						CONDMMN1			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15 Heavy Effort: High impact aerobics, fast bicycling, running, jogging, fast swimming, health club machines - vigorous intensity, judo, kickboxing, karate CONDHVY1	<input type="radio"/>	<input type="radio"/>	CONDHDY1							CONDHHR1						CONDHMN1			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leisure Activities																			
16 Sit or recline and watch TV WATCHTV1	<input type="radio"/>	<input type="radio"/>	WCHTVDY1							WCHTVHR1						WCHTMN1			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17 Read, knit, sew, visit, do nothing, non-work recreational computer READ1	<input type="radio"/>	<input type="radio"/>	READDY1							READHR1						READMN1			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Occupational Activities

18 Do you work to earn money?

WORK1 No → Go to VOLUNTEER ACTIVITIES
 Yes → Continue to #19

19 How many days per week and hours per day do you work in all jobs?

	Days/Week							Hours/Day																
	1	2	3	4	5	6	7	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	WORKDY1							WORKHR1																

Physical Activity - 4

Id#:

Fill in the circles for the time you spent in each activity at work. The hours per day for all activities should equal the total hours per day you work.

At work, did you do:

<p>20 <u>Light Effort</u>: While sitting (e.g. in an office, laboratory, child care, etc.)</p> <p>WRKLSIT1 Yes No <input type="radio"/> <input type="radio"/></p>	<p>Hours/Day WKSITHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th><1</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>21 <u>Light Effort</u>: While standing (e.g. filing, copying, clerking, assembly, nursing, farming, etc.)</p> <p>WRKLSTD1 Yes No <input type="radio"/> <input type="radio"/></p>	<p>Hours/Day WKSTDHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th><1</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>22 <u>Moderate Effort</u>: While standing and/or walking (e.g. nursing, custodian, housekeeping), lifting & pushing, sustained walking (e.g. making deliveries)</p> <p>WRKMOD1 Yes No <input type="radio"/> <input type="radio"/></p>	<p>Hours/Day WKMODHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th><1</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>23 <u>Heavy Effort</u>: Manual labor, ranch hand, farm labor, loading/unloading trucks</p> <p>WRKHVY1 Yes No <input type="radio"/> <input type="radio"/></p>	<p>Hours/Day WKHVYHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th><1</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Volunteer Activities

24 In a typical week in the last month did you work as a volunteer and/or at church in activities you have not yet mentioned on this survey?

VOLNTR1 No → Skip to #28
 Yes Continue to #25

Did your volunteer work include:

<p>25 <u>Light Effort</u>: Sitting or standing</p> <p>VOLLT1</p>	<p>Y N</p> <p><input type="radio"/> <input type="radio"/></p> <p>1 0</p>	<p>Days/Week VOLLDY1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	6	7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<p>Hours/Day VOLLHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>5+</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	5+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>26 <u>Moderate Effort</u>: Standing or walking</p> <p>VOLMOD1</p>	<p>Y N</p> <p><input type="radio"/> <input type="radio"/></p> <p>1 0</p>	<p>VOLMDY1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	6	7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<p>VOLMHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>5+</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	5+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<p>27 <u>Heavy Effort</u>: Pushing, lifting, carrying, climbing</p> <p>VOLHVY1</p>	<p>Y N</p> <p><input type="radio"/> <input type="radio"/></p> <p>1 0</p>	<p>VOLHDY1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	6	7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<p>VOLHHR1</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>5+</th> </tr> </thead> <tbody> <tr> <td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td><td><input type="radio"/></td> </tr> </tbody> </table>	1	2	3	4	5	5+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Physical Activity - 5

Id#:

28 When you walk outside of your home, what is your usual pace?

- 0 No walking at all
- 1 Casual strolling (up to 2 mph)
- 2 Average or normal (2 - 3 mph)
- 3 Fairly briskly (4 - 5 mph)
- 4 Brisk or striding (more than 5 mph)

WLKPACE1

For MESA Field Center Use Only:

PACTADM1

Completed by: 1 Self-Administered 2 Interviewer-Administered

Interviewer or Reviewer ID: **PACTTID1**

Data Entry ID: **PACTDID1**