



Physical Activity

Id#:

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			
<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>											

*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					
<b>Q01HLCN1</b>																				
<b>1</b>	<u>Light Effort:</u> Such as cooking, dishes, ironing, straightening up, laundry, shopping	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>
		<input type="radio"/>																		
<b>2</b>	<u>Moderate or Heavy Effort:</u> Such as heavy cleaning, scrubbing, mopping, home repairs, washing car, vacuuming	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>
		<input type="radio"/>																		
<b>Q02HMCN1</b>																				

# 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						
<b>3</b>	<u>Moderate Effort:</u> Such as weeding, mowing grass, raking, cleaning garage, sweeping <b>Q03YMCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>4</b>	<u>Heavy Effort:</u> Such as digging dirt, shoveling snow, mending fences, chopping wood <b>Q04YVCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>Care of Children/Adults</b>																					
<b>5</b>	<u>Light Effort:</u> Such as bathing, feeding, changing diapers, playing with child <b>Q05OLCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>6</b>	<u>Moderate Effort:</u> Such as lifting and carrying, pushing wheelchair or stroller <b>Q06OMCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>Transportation</b> <b>Q07TLCN1</b>																					
<b>7</b>	Drive or ride in car, ride the bus/subway, including travel to work <b>Q07TLCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>Walking (not at work)</b>																					
<b>8</b>	Walking to get places - to the bus, car, work, into the store <b>Q08WMCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>9</b>	Walking for exercise, pleasure, social reasons, walking during work breaks, walking the dog <b>Q09WMCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			
<b>Dancing/Sport Activities</b>																					
<b>10</b>	Dancing in church, ceremonies or for pleasure <b>Q10SMCN1</b>	<b>Y</b>	<b>N</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5+</b>	<b>5</b>	<b>15</b>	<b>30</b>	<b>45</b>	
		<input type="radio"/>																			

# Physical Activity - 3

Id#:

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

	Y	N	Days/Week							Hours/Day						Minutes/Day			
			1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
<b>11</b> Team sports - softball, volleyball, basketball, soccer <b>Q11SVCN1</b>	<input type="radio"/>																		
<b>12</b> Dual sports - tennis, racketball, paddleball <b>Q12SVCN1</b>	<input type="radio"/>																		
<b>13</b> Individual activities - golf, bowling, yoga, T'ai Chi <b>Q13SMCN1</b>	<input type="radio"/>																		
<b>Conditioning Activities</b>																			
<b>14</b> <u>Moderate Effort</u> : Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines - moderate intensity <b>Q14CMCN1</b>	<input type="radio"/>																		
<b>15</b> <u>Heavy Effort</u> : High impact aerobics, fast bicycling, running, jogging, fast swimming, health club machines - vigorous intensity, judo, kickboxing, karate <b>Q15CVCN1</b>	<input type="radio"/>																		
<b>Leisure Activities</b>																			
<b>16</b> Sit or recline and watch TV <b>Q16ILCN1</b>	<input type="radio"/>																		
<b>17</b> Read, knit, sew, visit, do nothing, non-work recreational computer <b>Q17ILCN1</b>	<input type="radio"/>																		

## Occupational Activities

**18** Do you work to earn money?

- Q18JYN1**     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?  
**Q19WCN1**

	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"/>																							

# 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><b>20</b> <u>Light Effort</u>: While sitting (e.g. in an office, laboratory, child care, etc.)</p> <p><b>Q20JLCN1</b>      <b>Yes</b>      <b>No</b></p> <p style="text-align: center;"><input type="radio"/>      <input type="radio"/></p>	<p style="text-align: center;"><b>Hours/Day</b></p> <p>&lt;1   1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16</p> <p style="text-align: center;">○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>
<p><b>21</b> <u>Light Effort</u>: While standing (e.g. filing, copying, clerking, assembly, nursing, farming, etc.)</p> <p><b>Q21JLCN1</b>      <b>Yes</b>      <b>No</b></p> <p style="text-align: center;"><input type="radio"/>      <input type="radio"/></p>	<p style="text-align: center;"><b>Hours/Day</b></p> <p>&lt;1   1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16</p> <p style="text-align: center;">○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>
<p><b>22</b> <u>Moderate Effort</u>: While standing and/or walking (e.g. nursing, custodian, housekeeping), lifting &amp; pushing, sustained walking (e.g. making deliveries)</p> <p><b>Q22JMCN1</b>      <b>Yes</b>      <b>No</b></p> <p style="text-align: center;"><input type="radio"/>      <input type="radio"/></p>	<p style="text-align: center;"><b>Hours/Day</b></p> <p>&lt;1   1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16</p> <p style="text-align: center;">○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>
<p><b>23</b> <u>Heavy Effort</u>: Manual labor, ranch hand, farm labor, loading/unloading trucks</p> <p><b>Q23JVCN1</b>      <b>Yes</b>      <b>No</b></p> <p style="text-align: center;"><input type="radio"/>      <input type="radio"/></p>	<p style="text-align: center;"><b>Hours/Day</b></p> <p>&lt;1   1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16</p> <p style="text-align: center;">○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>

## 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?

**Q24UYN1**       **No** → Skip to #28  
 **Yes**      Continue to #25

Did your volunteer work include:		Days/Week							Hours/Day						
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+
<b>25</b> <u>Light Effort</u> : Sitting or standing	<input type="radio"/>	<input type="radio"/>	○	○	○	○	○	○	○	○	○	○	○	○	○
<b>Q25ULCN1</b>															
<b>26</b> <u>Moderate Effort</u> : Standing or walking	<input type="radio"/>	<input type="radio"/>	○	○	○	○	○	○	○	○	○	○	○	○	○
<b>Q26UMCN1</b>															
<b>27</b> <u>Heavy Effort</u> : Pushing, lifting, carrying, climbing	<input type="radio"/>	<input type="radio"/>	○	○	○	○	○	○	○	○	○	○	○	○	○
<b>Q27UVCN1</b>															

# Physical Activity - 5

Id#:

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

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

**WLKPACE1**

For MESA Field Center Use Only:

**PACTADM1**

Completed by:  Self-Administered  Interviewer-Administered

Interviewer or Reviewer ID:

Data Entry ID: