



Trials of Hypertension Prevention  
(TOHP), supported by the National  
Heart, Lung, and Blood Institute,  
National Institutes of Health

Visit \_\_\_\_\_

ID number \_\_\_\_\_

Initials \_\_\_\_\_

Visit Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**TRIALS OF HYPERTENSION PREVENTION  
Physical Activity Questionnaire**

THE FOLLOWING QUESTIONS ASK ABOUT YOUR USUAL LEVEL OF PHYSICAL ACTIVITY.

1. How many flights of stairs (1 flight = 10 steps) do you usually climb up each day? \_\_\_\_\_ flights per day

2. How many city blocks or their equivalent (12 blocks = 1 mile) do you walk each day? \_\_\_\_\_ blocks per day

3. How many times per week do you engage in any regular activity such as brisk walking, jogging, bicycling, etc., long enough to work up a sweat? \_\_\_\_\_ times per week

4. Would you say that during the *PAST WEEK* you were less active, more active, or about as active as usual?  
More active \_\_\_\_ (1)  
Less active \_\_\_\_ (2)  
As active \_\_\_\_ (3)

5. Compared with other people your age and sex, how would you rate your physical activity during the *PAST YEAR* (CHECK ONE NUMBER ONLY)

\_\_\_\_ (1)                      \_\_\_\_ (2)                      \_\_\_\_ (3)                      \_\_\_\_ (4)                      \_\_\_\_ (5)  
Physically Inactive                      Moderately Active                      Very Active

6. On an average weekday and weekend day during the *PAST MONTH*, how much time did you spend on each of the following kinds of activities? (THE TOTAL FOR EACH DAY SHOULD ADD UP TO 24 HOURS)

	WEEKDAY Hours/Day (to nearest ¼ hour)	WEEKEND DAY Hours/Day (to nearest ¼ hour)
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a. Vigorous activity (digging in garden, strenuous sports, jogging, heavy carpentry, bicycling on hills etc.) \_\_\_\_\_

b. Moderate activity (housework, light sports, walking, yard work, ward nursing, painting, light carpentry, bicycling on level ground, etc.) \_\_\_\_\_

c. Light activity (sitting, office work, driving a car, eating, personal care, etc.) \_\_\_\_\_

d. Sleep \_\_\_\_\_

TOTAL                      24 HOURS                      24 HOURS

Staff ID \_\_\_\_\_

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