
OVERALL PHYSICAL ACTIVITY (F17)

SECTION B: SEDENTARY ACTIVITY

B1. Over the **past 30 days**, on average how many hours per day did (*name of participant*) sit and watch TV or videos?

- None, does not watch TV or videos..... 1
- Less than 1 hour per day..... 2
- 1 hour per day..... 3
- 2 hours per day..... 4
- 3 hours per day..... 5
- 4 hours per day..... 6
- 5 or more hours per day..... 7
- Don't know..... -8

B2. Over the **past 30 days**, on average how many hours per day did (*name of participant*) use a computer or play computer games/internet outside of school? Include Facebook or other social networking tools, YouTube, smartphone, Playstation, Nintendo DS, smartphone, iPad or other tablet, iPod.

- None, does not use a computer or play computer games 1
- Less than 1 hour per day..... 2
- 1 hour per day..... 3
- 2 hours per day..... 4
- 3 hours per day..... 5
- 4 hours per day..... 6
- 5 or more hours per day..... 7
- Don't know..... -8

B3. How much time does (*name of participant*) usually spend sitting on a typical day? This includes sitting at work/school, at home, getting to and from places, or with friends, including time spent sitting at a desk, traveling in a car or bus, reading, playing cards, watching television, or using a computer. **Do not include time spent sleeping.**

___ hr ___ mins

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SECTION C: OVERALL ACTIVITY LEVEL

C1. During the **past 7 days**, on how many days was (*name of participant*) physically active for a total of **at least 60 minutes per day**? Add up all the time (*name of participant*) spent in any kind of physical activity that increased {his/her} heart rate and made {him/her} breathe hard some of the time.

- 0 days..... 1
- 1 day..... 2
- 2 days..... 3
- 3 days..... 4
- 4 days..... 5
- 5 days..... 6
- 6 days..... 7
- 7 days..... 8
- Don't know..... -8

C2. On how many of the **past 7 days** did (*name of participant*) exercise or participate in physical activity **for at least 20 minutes** that made {him/her} sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

____ ____ days

C3. On how many of the **past 7 days** did (*name of participant*) participate in physical activity for **at least 30 minutes** that **did not** make {him/her} sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors?

____ ____ days

SECTION D: PAID OR UNPAID WORK ACTIVITY

Think about the time that (*name of participant*) spends doing work. Think of work as the things that (*name of participant*) does such as paid or unpaid work, household chores and/or yard work.

Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

D1. Does (*name of participant*) work involve **vigorous-intensity** activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads for **at least 10 minutes continuously**?

- Yes..... 1
- No..... 2 (**Skip to D4**)
- Don't know..... -8 (**Skip to D4**)

D2. In a **typical week**, on how many days does (*name of participant*) do **vigorous-intensity** activities as part of {his/her} work?

____ ____ days

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D3. How much time does (*name of participant*) spend doing **vigorous-intensity** activities at work on a typical day?
___ hr ___ mins

Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

D4. Does (*name of participant*) work/chores involve **moderate-intensity** activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for **at least 10 minutes continuously**?

Yes..... 1
No..... 2 (**Skip to E1**)
Don't know..... -8 (**Skip to E1**)

D5. In a **typical week**, on how many days does (*name of participant*) do **moderate-intensity** activities as part of their work/chore?
___ ___ days

D6. How much time does (*name of participant*) spend doing **moderate-intensity** activities at work on a **typical day**?
___ hr ___ mins

SECTION E: TRAVELING AND COMMUTING

The next questions exclude the physical activity of work (including household chores) that has already been mentioned. Now I would like to ask about the usual way that (*name of participant*) travels to and from places. For example, travel to school, for shopping, to work.

E1. Does (*name of participant*) walk or bicycle for **at least 10 minutes continuously** to get to and from places?

Yes..... 1
No..... 2 (**Skip to F1**)
Don't know..... -8 (**Skip to F1**)

E2. In a **typical week**, on how many days does (*name of participant*) walk or bicycle for **at least 10 minutes continuously** to get to and from places?
___ ___ days

E3. How much time does (*name of participant*) spend walking or bicycling for travel on a **typical day**?
___ hr ___ mins

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SECTION F: SCHOOL, SPORTS AND RECREATIONAL ACTIVITY

The next questions exclude the work and transportation activities that have already been mentioned. Now I would like to ask about school, sports, fitness and recreational activities.

F1. In an **average week** when (*name of participant*) is in school, on how many days does {he/she} go to physical education (PE) classes?

_____ days **(If "0", Skip to F3)**

F2. During an average physical education (PE) class, how many minutes does (*name of participant*) spend actually exercising or playing sports?

- Less than 10 minutes per day..... 1
- 10 to 20 minutes per day..... 2
- 21 to 30 minutes per day..... 3
- 31 to 40 minutes per day..... 4
- 41 to 50 minutes per day..... 5
- 51 to 60 minutes per day..... 6
- More than 60 minutes per day..... 7
- Don't know..... -8

F3. During the **past 12 months**, on how many sports teams did (*name of participant*) play? (Include any teams run by {his/her} school or community groups.)

_____ teams

Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

F4. Does (*name of participant*) do any **vigorous-intensity** sports, fitness, or recreational activities that cause large increases in breathing or heart rate like running or basketball for **at least 10 minutes continuously**?

- Yes..... 1
- No..... 2 **(Skip to F7)**
- Don't know..... -8 **(Skip to F7)**

F5. In a **typical week**, on how many days does (*name of participant*) do **vigorous-intensity** sports, fitness or recreational activities?

_____ days

F6. How much time does (*name of participant*) spend doing **vigorous-intensity** sports, fitness or recreational activities on a **typical day**?

___ **hr** ___ **mins**

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Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

F7. Does (*name of participant*) do any **moderate-intensity** sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling for pleasure, swimming or golf for **at least 10 minutes continuously**?

- Yes..... 1
- No..... 2 **(END FORM)**
- Don't know..... -8 **(END FORM)**

F8. In a **typical week**, on how many days does (*name of participant*) do **moderate-intensity** sports, fitness or recreational activities?

____ ____ days

F9. How much time does (*name of participant*) spend doing **moderate-intensity** sports, fitness or recreational activities on a typical day?

___ **hr** ___ **mins**