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[RELEASEID]

Release Participant ID

Visit **[VISIT]**

Days between randomization and date form completed: **[LM27DAYS]**

days

1. DURING THE PAST YEAR OR SINCE THE LAST TIME YOU COMPLETED THIS QUESTIONNAIRE, what was your average time PER WEEK spent at each of the following recreational activities?

TIME PER WEEK

	Zero	1-4 Min	5-19 Min	20-59 Min	One Hour	1-1.5 Hrs	2-3 Hrs	4-6 Hrs	7-10 Hrs	11+ Hrs
a. Walking for exercise or walking to work [HHWALK]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
b. Jogging (slower than 10 minutes/mile) [HHJOG]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
c. Running (10 minutes/mile or faster) [HHRUN]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
d. Bicycling (include stationary machine) [HHBIKE]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
e. Tennis, squash, racquetball [HHRACKET]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
f. Lap swimming [HHSWIM]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
g. Other aerobic exercise (aerobic, dance, ski or stair machine, etc.) [HHAEROB]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
h. Lower intensity exercise (yoga, stretching, toning) [HHYOGA]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
i. Other vigorous activities (e.g., lawn mowing) [HHVIGOR]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
j. Weight training or resistance exercise using arm weights (Include free weights or machines such as Nautilus) [HHARMWT]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9
k. Weight training or resistance exercise using leg weights (Include free weights or machines such as Nautilus) [HHLEGWT]	<input type="text"/> _0	<input type="text"/> _1	<input type="text"/> _2	<input type="text"/> _3	<input type="text"/> _4	<input type="text"/> _5	<input type="text"/> _6	<input type="text"/> _7	<input type="text"/> _8	<input type="text"/> _9

2. What is your usual walking pace outdoors? **[HHPACE]**

_1 Easy, casual (less than 2 mph)
 _2 Normal, average (2-2.9 mph)
 _3 Brisk pace (3-3.9 mph)
 _4 Very brisk/striding (4 mph or faster)
 _5 Unable to walk

3. In an average week, how many days do you usually exercise (include brisk walking or more strenuous activity)? **[HHEXERDY]**

_0 None
 _1 1 day
 _2 2 days
 _3 3 days
 _4 4 days
 _5 5 days
 _6 6 days
 _7 7 days