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HOME LOGOUT

user: Kathy Lane staff id: 30013 login: 10/27/2010 12:34:37

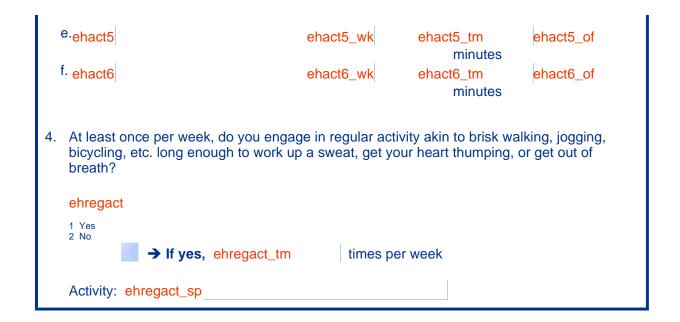
<<< Return>>>

Exercise Habits

PID: 0 Acrostic:	0		Visit:
Date Form Completed: d_form Administration Type: admin			
Reviewed by: compby		Language:	language English
	Exercise Habits		
Please answer these questions about the previous week.			
 First, we are interested in the number of stairs you climbed on average EACH DAY in this past week. We only want to know the number of flights you climb going <u>UP</u> - not down. 			
One flight = 10 steps if you know the number of steps.			
ehflts Flights per day			
 Next, we want to know how many city blocks or their equivalent you walked on average EACH DAY in this past week. We are only interested in walking done out of doors and walking done indoors for the sole purpose of exercise. We do not want walking done around the house or at work. 			
Consider that 12 city blocks = 1 mile.			
ehblks Blocks per day			
3. Were there any sports, fitness, or recreational activities in which you participated during the past week? We are interested only in time that you were physically active.			
(Note: all walking should only be included in question 2)			
Sport, Fitness or Recreation	Times per Wee	k Time per Episode	Office Use Only
a.ehact1	ehact1_wk	ehact1_tm	ehact1_of
	1	minutes	
b.ehact2	ehact2_wk	ehact2_tm	ehact2_of
Cabasta	oboot2l	minutes	ahaat2 af
^{C.} ehact3	ehact3_wk	_ehact3_tm minutes	ehact3_of
d.ehact4	ehact4_wk	_ehact4_tm	ehact4_of

minutes

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<<< READ ONLY >>>

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