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## Exercise Habits

PID: 0	Acrostic: 0	Visit:
Date Form Completed: <b>d_form</b>	Administration Type: <b>admin</b>	
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### Exercise Habits

Please answer these questions about the previous week.

1. 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 **UP** - not down.

**One flight = 10 steps if you know the number of steps.**

**ehflts** |  Flights per day

2. 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 Week	Time per Episode	Office Use Only
a. <b>ehact1</b>   <input type="text"/>	<b>ehact1_wk</b>   <input type="text"/>	<b>ehact1_tm</b>   <input type="text"/> minutes	<b>ehact1_of</b>   <input type="text"/>
b. <b>ehact2</b>   <input type="text"/>	<b>ehact2_wk</b>   <input type="text"/>	<b>ehact2_tm</b>   <input type="text"/> minutes	<b>ehact2_of</b>   <input type="text"/>
c. <b>ehact3</b>   <input type="text"/>	<b>ehact3_wk</b>   <input type="text"/>	<b>ehact3_tm</b>   <input type="text"/> minutes	<b>ehact3_of</b>   <input type="text"/>
d. <b>ehact4</b>   <input type="text"/>	<b>ehact4_wk</b>   <input type="text"/>	<b>ehact4_tm</b>   <input type="text"/> minutes	<b>ehact4_of</b>   <input type="text"/>

e. ehact5	ehact5_wk	ehact5_tm minutes	ehact5_of
f. ehact6	ehact6_wk	ehact6_tm minutes	ehact6_of

4. At least once per week, do you engage in regular activity akin to brisk walking, jogging, bicycling, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?

**ehregact**

1 Yes  
2 No

→ If yes, ehregact\_tm | times per week

Activity: ehregact\_sp \_\_\_\_\_

<<< READ ONLY >>>