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 user: **Kathy Lane** staff id: **30013** login: **10/27/2010 12:34:37**
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Participant Resource Use

PID: 0	Acrostic: 0	Visit:
Date Form Completed: d_form	Administration Type: admin	
Reviewed by: compy	Language: language	English

F. Resource Use

1. Think of all the exercise and physical activity you do when you're not at work. Choose the answer below that best describes how you feel about these activities.

rsexercise

- 1 I like, enjoy, and get satisfaction from activities
 2 I'm neutral, or don't care about them one way or the other
 3 I do not like, enjoy, or get satisfaction from activities

2. In a normal week, how many hours do your spouse, family, and friends spend exercising with you?

rshours1 | hours

1. **rsnone1** value="1" None

3. In the past year, which of the following items have you bought for your own use to promote your fitness, health, and well being? Please check all that apply.

1. **rsbike1** value="1" Bicycle
 2. **rsskis** value="1" Skis or snowboard
 3. **rsvideo** value="1" Exercise videos
 4. **rswgts** value="1" Free weights, dumbbells, hand and ankle weights
 5. **rsgclubs** value="1" Golf clubs
 6. **rsgym** value="1" Home gym
 7. **rsrowmch** value="1" Rowing or skiing machine, stair-stepper
 8. **rsbike2** value="1" Stationary bicycle
 9. **rsskates** value="1" Roller blades, ice skates, or roller skates
 10. **rstmill** value="1" Treadmill

11. **rsbball** value="1" Basketball, volley ball, soccer, or water aerobics equipment
12. **rsother1** value="1" Other, specify **rsoth1_sp**
13. **rsnone2** value="1" None

F. Resource Use - continued

4. In the past year, what services have you purchased for your own use to promote your fitness, health, and well being? Please check all that apply.

1. **rsclasses** value="1" Exercise, aerobic, or dance classes
2. **rscmem** value="1" Health club or gym membership
3. **rsspa** value="1" Weight loss spa or camp
4. **rsother2** value="1" Other, specify **rsoth2_sp**

5. **rsptrn** value="1" Personal trainer
6. **rsnone3** value="1" None

5. In the past year, how many pairs of exercise shoes (walking, running, or sport-specific shoes) have you purchased for your own use?

rsshoes | Number of pairs

6. In the past year, about how much money have you spent on special clothing for exercise (such as socks, underwear, special shoes, etc.)?

rsmoney

- 1 None
 2 \$1-\$100
 3 \$101-\$250
 4 \$251-\$500
 5 \$501 and over

7. In a normal week, how many hours do you yourself spend shopping for and preparing food for yourself?

rshours2 | Hours

1. **rsnone4** value="1" None

8. In a normal week, how many hours do your spouse, family and friends spend shopping for and preparing food for you?

rshours3 | Hours

1. **rsnone5** value="1" None

9. In the past year, have you paid to join a weight loss program such as Weight Watchers, Jenny Craig, Optifast, Nutra System, or Overeaters Anonymous?

rsprogram

- 1 Yes
2 No

F. Resource Use - continued

10. In the past year, which if any, of the following items have you purchased to help you prepare foods for your own consumption? Check all that apply.

1. **rsairpop** value="1" Air popper (popcorn)
 2. **rsblender** value="1" Blender
 3. **rscbooks** value="1" Cook books
 4. **rscvideos** value="1" Cooking videos
 5. **rsfreezer** value="1" Freezer
 6. **rsfscale** value="1" Food scale
 7. **rswok** value="1" Wok or electric grill
 8. **rsmwave** value="1" Microwave
 9. **rsfproc** value="1" Mixer or food processor
 10. **rssteamr** value="1" Steamer
 11. **rspots** value="1" Pots and pans for low fat cooking
 12. **rsother3** value="1" Other, specify **rsoth3_sp**

 13. **rsnone6** value="1" None

11. About how many minutes does it take you to travel to your usual Look AHEAD visit?

rstravmin Minutes

12. When you go to a Look AHEAD visit and other doctor or nurse visits, how often do your spouse, family, or friends go with you?

rsgowith

- 1 Almost always
2 Usually
3 Half the time
4 Rarely
5 Almost never

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