

Participant ID:

{pid}

Date of Visit:

{d_form}

Acrostic:

{acrostic}

Administered By:

{compby}

Visit Code:

{visit_code}

Barcode:

{barcode}

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	Average Time per Episode	Office Use Only
a.	{ehact1}	{ehact1_wk}	{ehact1_tm}	{ehact1_of}
b.	{ehact2}	{ehact2_wk}	{ehact2_tm}	{ehact2_of}
c.	{ehact3}	{ehact3_wk}	{ehact3_tm}	{ehact3_of}
d.	{ehact4}	{ehact4_wk}	{ehact4_tm}	{ehact4_of}
e.	{ehact5}	{ehact5_wk}	{ehact5_tm}	{ehact5_of}
f.	{ehact6}	{ehact6_wk}	{ehact6_tm}	{ehact6_of}
g.	{ehact7}	{ehact7_wk}	{ehact7_tm}	{ehact7_of}
h.	{ehact8}	{ehact8_wk}	{ehact8_tm}	{ehact8_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) 1 - Yes
- (2) 2 - No

If Yes, times per week:

{ehregact_tm}

Activity:

{ehregact_sp}


Exercise Habits

PID: _____ ADMINISTERED BY:

ACROSTIC: _____

VISIT: _____

DATE of VISIT: / / 20



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.

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.

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	Average Time per Episode	Office Use Only
a.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> Minutes	<input type="text"/>
b.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> Minutes	<input type="text"/>
c.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> Minutes	<input type="text"/>
d.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> Minutes	<input type="text"/>

Additional activities should be recorded on a separate sheet

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?

Yes

No

If Yes → times per week; Activity: