

Module 19

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. These questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, soccer, or fast bicycling? {vigdays}

number of days per week →

How much time did you usually spend doing vigorous physical activities on one of those days?

{vighrs} hours
 per day

{vigmin} minutes
 per day

{vigtimedk} Don't know

- No vigorous physical activities
 Don't know

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

2. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or volleyball? (Do not include walking) {moddays}

number of days per week →

How much time did you usually spend doing moderate physical activities on one of those days?

{modhrs} hours
 per day

{modmin} minutes
 per day

{modtimedk} Don't know

- No moderate physical activities
 Don't know

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

3. During the last 7 days, on how many days did you walk for at least 10 minutes at a time? {walkdays}

number of days per week →

How much time did you usually spend walking on one of those days?

{walkhrs} hours per day {walkmin} minutes per day {walktimedk} Don't know

No walking
 Don't know

The next question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

4. During the last 7 days, how much time did you spend sitting on a week day?

{sithrs} hours per day {sitmin} minutes per day {sitdk} Don't know

5. On an average weekday, how many hours do you play video or computer games or use a computer for something that is not work or school work (count time spent on things such as Xbox, PlayStation, iPod, iPad or other tablet, smart phone, YouTube, Facebook, Twitter or other social media)?

{videohrs} hours per day {videowkmin} minutes per day {videowkdk} Don't know

6. On an average weekend/vacation day, how many hours do you play video or computer games or use a computer for something that is not work or school work (count time spent on things such as Xbox, PlayStation, iPod, iPad or other tablet, smart phone, YouTube, Facebook, Twitter or other social media)?

{videovachrs} hours per day {videovacmin} minutes per day {videovacdk} Don't know