

## Physical Activity Questionnaire

ID#  -  -

Date: \_\_\_\_\_

The following question asks about your physical activity habits.

Physical activity includes activities such as biking, walking, or other exercise, which you do to improve your health.

Regular physical activity means physical activity at least 3 times a week for at least 20 minutes each time.

1. Mark the statement which best describes you:

- I have been doing regular physical activity for more than 6 months.
- I have been doing regular physical activity, but for less than 6 months.
- I am not doing regular physical activity, but I intend to begin regular physical activity in the next 30 days.
- I am not doing regular physical activity, but I intend to begin doing regular physical activity in the next 6 months.
- I am not doing regular physical activity, and I do not intend to begin doing regular physical activity in the next 6 months.

2. How many city blocks or their equivalent do you normally walk each day?  
\_\_\_ Blocks per day (Let 12 blocks = 1 mile)

3. What is your usual pace of walking? (Please check one.)

- a. \_\_\_ Casual or strolling -- less than 2 mph
- b. \_\_\_ Average or normal -- 2 to 3 mph
- c. \_\_\_ Fairly brisk -- 3 to 4 mph
- d. \_\_\_ Brisk or striding -- 4 mph or faster

4. How many flights of stairs do you climb each day?  
\_\_\_ Flights per day (Let 1 flight = 10 steps).

5. List any sports or recreation you have actively participated in during the past year.

Please remember seasonal sports or events:

\_\_\_\_\_

6. Which of these statements best express your view? (Please check one.)

- a. \_\_\_ I take enough physical activity to keep healthy
- b. \_\_\_ I ought to be more physically active
- c. \_\_\_ Don't know

7. At least once a week, do you engage in regular activity akin to brisk walking, jogging, bicycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?  
 \_\_\_ No Why not? \_\_\_\_\_  
 \_\_\_ Yes How many times per week? \_\_\_\_\_ Activity: \_\_\_\_\_
8. When you are exercising in your usual fashion, how would you rate your level of exertion (degree of effort)? (Please circle one number.)  
 0 None (no effort at all)  
 0.5 Very, very weak  
 1 Very weak  
 2 Weak  
 3 Moderate  
 4 Somewhat strong  
 5-6 Strong (heavy)  
 7-8 Very strong  
 9-10 Very, very strong  
 Over 10 Maximal
9. On a usual weekday and a weekend day, how much time do you spend on the following activities? Total for each day should add to 24 hours

	Usual Weekday Hours/Day	Usual Weekend Day Hours/Day
<b>Vigorous activity</b> (digging in the garden, strenuous sports, jogging, aerobic dancing, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)		
<b>Moderate activity</b> (housework, light sports, regular walking, golf, yard work, lawn mowing, painting, repairing, light carpentry, ballroom dancing, bicycling on level, etc.)		
<b>Light activity</b> (office work, driving car, strolling, personal care, standing with little motion, etc.)		
<b>Sitting activity</b> (eating, reading, deskwork, watching TV, listening to radio, etc.)		
<b>Sleeping or reclining</b>		