

Physical Activity Level

Read the following questions and respond to the questions regarding current and past activity levels. If you answer "yes" to any of the questions in the "past activity" column, write in the last time you engaged in this activity - 10 years ago / in college / this summer / June 2002, etc.

Activities	Currently	In the Past
		If Yes - When
I usually walk/bike to and from work OR I have transport to work, but walk from the train/bus station.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I usually take the stairs rather than use elevators or escalators.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
My typical daily physical activity is best described by the following statement: <ul style="list-style-type: none"> • Most of my day is spent sitting in my car/public transport, sitting in meetings or at home. • Most of my day is spent sitting in my car/public transport, sitting in meetings, but includes light activity in the office, and when I get home. • Most of the day is spent in moderate activity such as fast walking. • My typical day includes several hours of heavy physical activity such as carrying heavy objects, physical labor, basketball, gym workout. 	Choose one statement: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
I spend a few hours in light leisure activity each week.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I hike or bike once a week or more on the average.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
At least once a week, I participate for an hour or more in a vigorous activity such as dancing or jogging.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I play racquetball or tennis at least once a week.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I often walk for exercise or recreation.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
When I feel bothered by pressures at work, or home, I use exercise as a way to relax.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Two or more times a week; I perform calisthenic exercises for at least 10 minutes per session.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I regularly participate in yoga or perform stretching exercises.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Twice a week or more, I engage in weight training for at least 30 minutes.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
I participate in active recreational sports such as volleyball, baseball, or softball. a. about once a week. b. about twice a week. c. three times a week or more.	Choose one: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Comment on Past:
I participate in vigorous fitness activities like jogging or swimming. a. about once a week. b. about twice a week. c. three times a week or more.	Choose one: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Comment on Past: