A. WORK ACTIVITY

"Now I'm going to ask you some questions about your physical activity. We are interested in your physical activity during the past year. I'll begin by asking about your occupation and activity level at work."

1a. What is your current or most recent occupation? [IF MORE THAN ONE JOB, RECORD OCCUPATION FOR JOB WITH MOST HOURS WORKED PER WEEK.]

[Blank line]

b. Code: [Blank space]
1. **Which sport or exercise do you do most frequently?**

   [Do not show card]

   If the activity is coded enter code and go to item 11, if not coded enter 499 and specify the activity below.

   a. 

11. **How many hours a week do you do this activity?**

   [rc 5]

   - Less than 1 A
   - At least 1 but not quite 2 B
   - At least 2 but not quite 3 C
   - At least 3 but not quite 4 D
   - 4 or more E

12. **How many months a year do you do this activity?**

   [rc 6]

   - Less than 1 A
   - At least 1 but not quite 4 B
   - At least 4 but not quite 7 C
   - At least 7 but not quite 10 D
   - 10 or more E

13. **Do you do other exercises or play other sports?**

   [rc 5]

   - YES Y
   - NO N

   Go to Item 18 Screen 6

14. **What is your second most frequent sport or exercise?**

   [Do not show card]

   If the activity is coded enter code and go to item 15, if not coded enter 499 and specify the activity below.

   a. 

15. **How many hours a week do you do this activity?**

   [rc 5]

   - Less than 1 A
   - At least 1 but not quite 2 B
   - At least 2 but not quite 3 C
   - At least 3 but not quite 4 D
   - 4 or more E

16. **How many months a year do you do this activity?**

   [rc 6]

   - Less than 1 A
   - At least 1 but not quite 4 B
   - At least 4 but not quite 7 C
   - At least 7 but not quite 10 D
   - 10 or more E

17. **Do you do other exercises or play other sports?**

   [rc 5]

   - YES Y
   - NO N
**PHYSICAL ACTIVITY FORM (PLAA screen 6 of 9)**

### 19. In comparison with others of your own age do you think your physical activity during leisure time is:

- Never
- Seldom
- Sometimes
- Often
- Very Often
- Much less
- Less
- The same
- More
- Much more

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<thead>
<tr>
<th>Option</th>
<th>Code</th>
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<tr>
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<tr>
<td>Seldom</td>
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<td>Sometimes</td>
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<td>Very Often</td>
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<td>The same</td>
<td>C</td>
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<td>More</td>
<td>D</td>
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<tr>
<td>Much more</td>
<td>E</td>
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</table>

### 20. During leisure time do you sweat:

- Never
- Seldom
- Sometimes
- Often
- Very Often

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<tr>
<td>Very Often</td>
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</table>

### 21. During leisure time do you watch television:

- Never
- Seldom
- Sometimes
- Often
- Very Often

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<tr>
<td>Very Often</td>
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### 22. During leisure time do you walk:

- Never
- Seldom
- Sometimes
- Often
- Very Often

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<td>Very Often</td>
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PHYSICAL ACTIVITY FORM (PLAA screen 8 of 9)

3. During leisure time do you bicycle?..............Never N
   [rc 2] Seldom L
   Sometimes M
   Often O
   Very Often V

D. OTHER ACTIVITIES

24. How many minutes do you walk and/or bicycle per day to and from work or shopping?...
   [If seasonal, give average over the past year] [rc 8]
   Less than 5 A
   At least 5 but not quite 15 B
   At least 15 but not quite 30 C
   At least 30 but not quite 45 D
   45 or more E

PHYSICAL ACTIVITY FORM (PLAA screen 9 of 9)

25. Have you done any heavy physical activity within the last 12 hours?.........YES Y
    NO N
    Go to Item 26

   a. How long ago did you complete it?
      ___ hours, ___ minutes

   b. How many flights of stairs do you climb up each day?...
      [One flight equals 10 steps]
      ___ flights per day

E. ADMINISTRATIVE INFORMATION

27. Date of data collection:......
      ______ / ______ / ______
      month / day / year

28. Method of data collection:.............Computer C
    Paper form P

29. Code number of person completing this form:.............
      ____ ____ ____