

Physical Activity Questionnaire*(SHOW PARTICIPANT CARD 1)*

- A18PREHS 1. Compared to other people your age and sex, how would you rate your physical activity prior to high school, or less than 14 years of age. What number would you choose from this card, where 1 is physically inactive and 5 is very active? (CHECK ONE NUMBER):
- 1 2 3 4 5
- Physically Inactive Moderately Active Very Active
- A18HISCH 2. Compared to other people your age and sex, what number would you choose for rating your physical activity during your high school years, that is between ages 14-18 years? (CHECK ONE NUMBER):
- 1 2 3 4 5
- Physically Inactive Moderately Active Very Active
- A18PSTYR 3. Compared to other people your age and sex, what number would you choose for rating your physical activity during the past year? (CHECK ONE NUMBER):
- 1 2 3 4 5
- Physically Inactive Moderately Active Very Active
4. *(SHOW PARTICIPANT CARD 2)*
- Please look at this card. I'll be asking you whether you do the activities listed. Only include the time spent actually doing the activity. For example, sitting by the pool does not count as time swimming; sitting in a chair lift does not count for skiing.
- First, I'll ask you about vigorous activities. Vigorous activities increase your heart rate, or make you sweat doing them, or make you breathe hard or raise your body temperature. If you do an activity but not vigorously, please include it later when I ask you about other non-strenuous sports.
- A18A1RUN A1) Did you jog or run in the past 12 months for at least one hour total time per month? For instance, you might have done three 20 minute sessions in the month. *(IF NO, SKIP TO Q. B1.)*
- 1 No
2 Yes
- A18A2M0 A2) How many months did you do this activity?
- _____ months
- A18A3PWK A3) How many of these months did you do this activity for at least 2 hours per week?
- _____ months
- A18B1RAC B1) Did you do vigorous racket sports in the past 12 months for at least one hour total time? *(IF NO, SKIP TO Q. C1.)*
- 1 No
2 Yes

- A18B2M0 B2) How many months did you do this activity?
_____ months
- A18B3PWK B3) How many of these months did you do this activity for at least 3 hours per week?
_____ months
- A18C1BKE C1) Did you bicycle faster than 10 miles/hour or exercise hard on an exercise bicycle in the past 12 months for at least one hour total time? (IF NO, SKIP TO Q. D1.)
1 No
2 Yes
- A18C2M0 C2) How many months did you do this activity?
_____ months
- A18C3PWK C3) How many of these months were for at least 2 hours per week?
_____ months
- A18D1SWM D1) Did you swim in the past 12 months for at least one hour total time? (IF NO, SKIP TO Q. E1.)
1 No
2 Yes
- A18D2M0 D2) How many months did you do this activity?
_____ months
- A18D3PWK D3) How many of these months were for at least 2 hours per week?
_____ months
- A18E1DNC E1) Did you do a vigorous exercise class or vigorous dancing in the past 12 months for at least one hour total time? (IF NO, SKIP TO Q. F1.)
1 No
2 Yes
- A18E2M0 E2) How many months did you do this activity?
_____ months
- A18E3PWK E3) How many of these months were for at least 3 hours per week?
_____ months
- A18F1LFT F1) Did you do vigorous job activity such as lifting, carrying, or digging in the past 12 months for at least one hour total time? (IF NO, SKIP TO Q. G1.)
1 No
2 Yes
- A18F2M0 F2) How many months did you do this activity?
_____ months
- A18F3PWK F3) How many of these months were for at least 5 hours per week?
_____ months

- A18G1SHV G1) Did you do home or leisure activity such as snow shoveling, moving heavy objects, or weight lifting in the past 12 months for at least one hour total time? *(IF NO, SKIP TO Q. H1)*
- 1 No
- 2 Yes

- A18G2M0 G2) How many months did you do this activity?
- _____ months

- A18G3PWK G3) How many of these months were for at least 3 hours per week?
- _____ months

- A18H1HSP H1) Did you do other strenuous sports such as basketball, football, skating or skiing in the past 12 months at least one hour total time? *(IF NO, SKIP TO Q. I1.)*
- 1 No
- 2 Yes

- A18H2M0 H2) How many months did you do this activity?
- _____ months
- H3) A18H3PWK

Now, I'd like to ask you about more leisurely activities.

- A18I1LSP I1) Did you do strenuous sports such as softball, shooting baskets, volleyball, ping pong or leisurely jogging, swimming or biking which we haven't included above in the past 12 months for at least one hour total time? *(IF NO, SKIP TO Q. J1.)*
- 1 No
- 2 Yes

- A18I2M0 I2) How many months did you do this activity?
- _____ months

- A18I3PWK I3) How many of these months were for at least 3 hours per week?
- _____ months

- A18J1WLK J1) Did you take walks or hikes or walk to work in the past 12 months for at least one hour total time? *(IF NO, SKIP TO Q. K1.)*
- 1 No
- 2 Yes

- A18J2M0 J2) How many months did you do this activity?
- _____ months

- A18J3PWK J3) How many of these months were for at least 4 hours per week?
- _____ months

- A18K1BWL K1) Did you bowl or play golf in the past 12 months for at least one hour total time? *(IF NO, SKIP TO Q. L1.)*
- 1 No
- 2 Yes

- A18K2M0 K2) How many months did you do this activity?
_____ months
- A18K3PWK K3) How many of these months were for at least 3 hours per week?
_____ months
- A18L1HMX L1) Did you do home exercises or calisthenics in the past 12 months for at least one hour total time?
(IF NO, SKIP TO Q. M1.)
1 No
2 Yes
- A18L2M0 L2) How many months did you do this activity?
_____ months
- A18L3PWK L2) How many of these months were for at least 3 hours per week?
_____ months
- A18M1MNT M1) Did you do home maintenance or gardening, including carpentry, painting, raking or mowing in the
past 12 months for at least one hour total time? (IF NO, END OF QUESTIONNAIRE)
1 No
2 Yes
- A18M2M0 M2) How many months did you do this activity?
_____ months
- A18M3PWK M3) How many of these months were for at least 5 hours per week?
_____ months
- A18I1D Interviewer _____