

Affix Label

## Seven-Day Physical Activity Recall Questionnaire

This questionnaire is called the Seven-Day Physical Activity Recall. The information from it will be used to estimate the number of calories you burn up through physical activity.

First, I am going to ask you about your sleep habits during the last seven days.

A19WDSLPL   .  1. On the average, how many hours did you sleep each night during the last five weekday nights, Sunday through Thursday? Tell me to the nearest half hour.

A19WESLPL   .  2. On the average, how many hours did you sleep each night last Friday and Saturday nights? Tell me to the nearest half hour.

Now, I am going to ask you about your physical activity during the past seven days; that is, the last five weekdays (STATE DAYS AND DATES), and last weekend, Saturday and Sunday (GIVE DATES), even if this was not a typical week for you.

(AT THIS POINT YOU SHOULD BE SITTING NEXT TO THE RESPONDENT WITH THE LIST OF ACTIVITIES IN FRONT OF YOU OR NEXT TO YOU SO THAT YOU BOTH CAN READ IT.) I have a list of activities that I would like to go over with you. The activities are separated into those you would do at your job, at home, or in sport or recreation. (POINT TO EACH CATEGORY OR ITEM AS IT IS MENTIONED THROUGHOUT THIS INTERVIEW). We have also grouped them into four activity levels: light, moderate, hard, and very hard. You may have done things this past week that are not listed here.

We consider standing, driving, and walking leisurely to be light activities. Most of us spend most of the time when we are not sleeping doing light activities such as these. In this questionnaire, I am going to ask you about any other moderate, hard, and very hard activities you do.

(PROBE IF RESPONDENT CANNOT REMEMBER PAST WEEK'S ACTIVITIES. ASSIST IN ASSIGNING ACTIVITY LEVELS.)

3. First, let's consider moderate activities. What moderate activities did you do during the last five weekdays?  
(REPEAT WEEKDAYS IF NECESSARY.)

A19WDMOD   .  How many hours did you spend during the last five weekdays doing these moderate activities or others like them? Please tell me to the nearest half-hour.

4. What activities did you do last Saturday and Sunday?

.  How many hours did you spend last Saturday and Sunday doing these moderate activities.

A19WEMOD (PROBE:) Are there any other activities you do that might fit into this category?

5. Now, let's look at hard activities. What hard activities did you do during the last five weekdays?  
(REPEAT WEEKDAYS IF NECESSARY.)

A19WDHRD 

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How many hours did you spend during the last five weekdays doing these hard activities or others like them? Please tell me to the nearest half-hour.

6. What hard activities did you do last Saturday and Sunday?

A19WEHRD 

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How many hours did you spend last Saturday and Sunday doing these hard activities?

(PROBE:) Are there any other activities you do that might fit into this category?

7. Now, let's look at very hard activities. What very hard activities did you do during the last five weekdays?  
(REPEAT WEEKDAYS IF NECESSARY.)

A19WDVRY 

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How many hours did you spend during the last five weekdays doing these very hard activities or others like them? Please tell me to the nearest half-hour.

8. What very hard activities did you do last Saturday and Sunday?

A19WEVRY 

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How many hours did you spend last Saturday and Sunday doing these very hard activities?

(PROBE:) Are there any other activities that might fit into this category?

9. Were you gainfully employed, that is, did you earn money for doing work, during the last seven days?

A19EMPLY

1  No (GO TO QUESTION 10)

A19DAYEM

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No. of days

2  Yes → How many days?

A19HREMP 

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How many hours per day?

A19HRMOD 

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How many of these hours per day were spent doing moderate activities?

A19HRHRD 

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How many of these hours per day were spent doing hard activities?

A19HRVRY

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How many of these hours per day were spent doing very hard activities?

A19ACTIV

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10. Compared to your physical activity over the past three months, was last week's physical activity more, less, or about the same?

- 1  More
- 2  Less
- 3  About the same
- 9  No Answer

END OF QUESTIONNAIRE

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