
 SURVEY LIST

SURVEY TITLE

Your Physical Activities



Leisure time activity: Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER

SELDOM (1-2 DAYS)

SOMETIMES (3-4 DAYS)

OFTEN (5-7 DAYS)



What were these activities?

HINT TEXT

(EMPTY)

TEXT INPUT

SKIP IF: 1. LEISURE TIME ACTIVITY: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU PARTICIPATE IN SITTING ACTIVITIES SUCH AS READING, WATCHING TV OR DOING HANDCRAFTS?

IS: NEVER



On average, how many hours per day did you engage in these sitting activities?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR

1 BUT LESS THAN 2 HOURS

2-4 HOURS
MORE THAN 4 HOURS

SKIP IF: 1. LEISURE TIME ACTIVITY: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU PARTICIPATE IN SITTING ACTIVITIES SUCH AS READING, WATCHING TV OR DOING HANDCRAFTS?

IS: NEVER

2

Walking activities: Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog etc.?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER

SELDOM (1-2 DAYS)

SOMETIMES (3-4 DAYS)

OFTEN (5-7 DAYS)

2.1

On average, how many hours per day did you spend walking?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR

1 BUT LESS THAN 2 HOURS

2-4 HOURS

MORE THAN 4 HOURS

SKIP IF: 2. WALKING ACTIVITIES: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU TAKE A WALK OUTSIDE YOUR HOME OR YARD FOR ANY REASON? FOR EXAMPLE, FOR FUN OR EXERCISE, WALKING TO WORK, WALKING THE DOG ETC.?

IS: NEVER

3

Light sport and recreational activities: Over the past 7 days, how often did you engage in light sport or recreational activities such as bowling, golf with a cart, shuffleboard, fishing from a boat or pier or other similar activities?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER

SELDOM (1-2 DAYS)

SOMETIMES (3-4 DAYS)

OFTEN (5-7 DAYS)

3.1

What were these light recreational activities?

HINT TEXT

(EMPTY)

TEXT INPUT

SKIP IF: 3. LIGHT SPORT AND RECREATIONAL ACTIVITIES: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE IN LIGHT SPORT OR RECREATIONAL ACTIVITIES SUCH AS BOWLING, GOLF WITH A CART, SHUFFLEBOARD, FISHING FROM A BOAT OR PIER OR OTHER SIMILAR ACTIVITIES?

IS: NEVER

3.2

On average, how many hours per day did you engage in these light sport or recreational activities?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR

1 BUT LESS THAN 2 HOURS

2-4 HOURS

MORE THAN 4 HOURS

SKIP IF: 3. LIGHT SPORT AND RECREATIONAL ACTIVITIES: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE IN LIGHT SPORT OR RECREATIONAL ACTIVITIES SUCH AS BOWLING, GOLF WITH A CART, SHUFFLEBOARD, FISHING FROM A BOAT OR PIER OR OTHER SIMILAR ACTIVITIES?

IS: NEVER

4

Moderate sport and recreational activities: Over the past 7 days, how often did you engage in moderate sport recreational activities such as doubles tennis, ballroom dancing, hunting, ice skating, golf without a cart, softball or other similar activities?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER

SELDOM (1-2 DAYS)
SOMETIMES (3-4 DAYS)
OFTEN (5-7 DAYS)

4.1

What were these moderate recreational activities?

HINT TEXT

(EMPTY)

TEXT INPUT

SKIP IF: 4. MODERATE SPORT AND RECREATIONAL ACTIVITIES:
OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE
IN MODERATE SPORT RECREATIONAL ACTIVITIES SUCH
DOUBLES TENNIS, BALLROOM DANCING, HUNTING, ICE
SKATING, GOLF WITHOUT A CART, SOFTBALL OR OTHER
SIMILAR ACTIVITIES?

IS: NEVER

4.2

On average, how many hours per day did you
engage in these moderate sport and recreational
activities?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR
1 BUT LESS THAN 2 HOURS
2-4 HOURS
MORE THAN 4 HOURS

SKIP IF: 4. MODERATE SPORT AND RECREATIONAL ACTIVITIES:
OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE
IN MODERATE SPORT RECREATIONAL ACTIVITIES SUCH
DOUBLES TENNIS, BALLROOM DANCING, HUNTING, ICE
SKATING, GOLF WITHOUT A CART, SOFTBALL OR OTHER
SIMILAR ACTIVITIES?

IS: NEVER

5

Strenuous sport and recreational activities: Over
the past 7 days, how often did you engage in
strenuous sport activities such as jogging,
swimming, cycling, singles tennis, aerobic dance,
skiing (downhill or cross country) or other similar
activities?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER

SELDOM (1-2 DAYS)
SOMETIMES (3-4 DAYS)
OFTEN (5-7 DAYS)

5.1

What were these activities?

HINT TEXT

(EMPTY)

TEXT INPUT

SKIP IF: 5. STRENUOUS SPORT AND RECREATIONAL ACTIVITIES:
OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE
IN STRENUOUS SPORT ACTIVITIES SUCH AS JOGGING,
SWIMMING, CYCLING, SINGLES TENNIS, AEROBIC
DANCE, SKIING (DOWNHILL OR CROSS COUNTRY) OR
OTHER SIMILAR ACTIVITIES?

IS: NEVER

5.2

On average, how many hours per day did you
engage in these strenuous sport and recreational
activities?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR
1 BUT LESS THAN 2 HOURS
2-4 HOURS
MORE THAN 4 HOURS

SKIP IF: 5. STRENUOUS SPORT AND RECREATIONAL ACTIVITIES:
OVER THE PAST 7 DAYS, HOW OFTEN DID YOU ENGAGE
IN STRENUOUS SPORT ACTIVITIES SUCH AS JOGGING,
SWIMMING, CYCLING, SINGLES TENNIS, AEROBIC
DANCE, SKIING (DOWNHILL OR CROSS COUNTRY) OR
OTHER SIMILAR ACTIVITIES?

IS: NEVER

6

Muscle strength: Over the past 7 days, how often
did you do any exercise specifically to increase
muscle strength and endurance, such as lifting
weights or push-ups etc.?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: NEVER
SELDOM (1-2 DAYS)
SOMETIMES (3-4 DAYS)

6.1

What were these activities?

HINT TEXT

(EMPTY)

TEXT INPUT

SKIP IF: 6. MUSCLE STRENGTH: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU DO ANY EXERCISE SPECIFICALLY TO INCREASE MUSCLE STRENGTH AND ENDURANCE, SUCH AS LIFTING WEIGHTS OR PUSH-UPS ETC.?

IS: NEVER

6.2

On average, how many hours per day did you engage in exercise to increase muscle strength and endurance?

HINT TEXT

(EMPTY)

SINGLE SELECT

OPTIONS: LESS THAN 1 HOUR
1 BUT LESS THAN 2 HOURS
2-4 HOURS
MORE THAN 4 HOURS

SKIP IF: 6. MUSCLE STRENGTH: OVER THE PAST 7 DAYS, HOW OFTEN DID YOU DO ANY EXERCISE SPECIFICALLY TO INCREASE MUSCLE STRENGTH AND ENDURANCE, SUCH AS LIFTING WEIGHTS OR PUSH-UPS ETC.?

IS: NEVER

7

Household activity: During the past 7 days, have you done any light housework, such as dusting or washing dishes?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

8

Household activity: During the past 7 days, have you done any heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

9

Household activity: During the past 7 days, did you engage in home repairs like painting, wallpapering, electrical work etc.?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

10

Household activity: During the past 7 days, did you engage in lawn work or yard care, including snow or leaf removal, wood chopping, etc.?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

11

Household activity: During the past 7 days, did you engage in outdoor gardening?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

12

Household activity: During the past 7 days, did you engage in caring for another person, such as children, dependent, spouse, or another adult?

HINT TEXT

(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

13

Work-Related Activity: During the past 7 days, did you work for pay or as a volunteer?

HINT TEXT
(EMPTY)

SINGLE SELECT (PNTA ENABLED)

OPTIONS: YES
NO

13.1

How many hours per week did you work for pay and/or as a volunteer?

HINT TEXT

ADD TOGETHER ALL HOURS YOU DID WORK FOR PAY AND/OR AS A VOLUNTEER OVER THE PAST 7 DAYS. ENTER AS A WHOLE NUMBER WITH NO OTHER TEXT, DASHES (- OR /), DECIMALS, OR FRACTIONS. EXAMPLE: IF YOU WORKED 10 HOURS FOR PAY AND 2 HOURS AS A VOLUNTEER IN A WEEK, YOU WILL ENTER 12. IF THE NUMBER OF VOLUNTEER HOURS VARIES WEEK TO WEEK, PLEASE ENTER ONLY A SINGLE AVERAGE NUMBER.

TEXT INPUT

SKIP IF: 13. WORK-RELATED ACTIVITY: DURING THE PAST 7 DAYS, DID YOU WORK FOR PAY OR AS A VOLUNTEER?

IS: NO

13.2

Which of the following categories best describes the amount of physical activity required on your job and/or volunteer work?

HINT TEXT
(EMPTY)

SINGLE SELECT

OPTIONS: MAINLY SITTING WITH SLIGHT ARM MOVEMENTS
(EXAMPLES: OFFICE WORKER, WATCHMAKER, SEATED ASSEMBLY LINE WORKER, BUS DRIVER, ETC.)

SITTING OR STANDING WITH SOME WALKING
(EXAMPLES: CASHIER, GENERAL OFFICE WORKER, LIGHT TOOL AND MACHINERY WORKER)

WALKING WITH SOME HANDLING OF MATERIALS
GENERALLY WEIGHING LESS THAN 50 POUNDS
(EXAMPLES: MAILMAN, WAITER/WAITRESS,
CONSTRUCTION WORKER, HEAVY TOOL AND MACHINERY WORKER)

WALKING AND HEAVY MANUAL WORK OFTEN REQUIRING
HANDLING OF MATERIALS WEIGHING OVER 50 POUNDS

(EXAMPLES: LUMBERJACK, STONE MASON, FARM OR
GENERAL LABORER)

SKIP IF: 13. WORK-RELATED ACTIVITY: DURING THE PAST 7 DAYS,
DID YOU WORK FOR PAY OR AS A VOLUNTEER?

IS: NO
