

PHYSICAL ACTIVITY QUESTIONNAIRE (CMH)

This questionnaire asks about activities that you do currently or have done over the past **3 months**.

INSTRUCTIONS

-Please answer each question as best as you can.

-Use a pencil only.

-Fill in the bubbles completely and erase completely if you make any changes or mistakes.

-Please do not make stray marks on the questionnaire. If you want to make additional comments, use a separate sheet of paper and attach it to the questionnaire with a paper clip.



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							Date
mm/dd/yy							

Visit 1 2 3

1. How many hours a day do you spend driving or riding in a car or riding on public transportation?

	Less than 1 hour	1 to less than 3 hours	3 to less than 5 hours	5 or more hours
Workdays	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weekends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How many hours a day do you spend watching television or videos or DVDs, using a computer (not for work), or lying down (not sleeping)?

	Less than 1 hour	1 to less than 3 hours	3 to less than 5 hours	5 or more hours
Workdays	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weekends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. For each of the physical activities listed below:

- **Mark how often you did the activity in the last 3 months (frequency).**
- **How many minutes, on average, you spent doing the activity each time you did it (duration).**
- **How much physical effort it took you to do the activity. A physical effort that is hard and increases your heart rate and breathing quite a lot.**

ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
	How often in the past 3 months					Minutes				How hard were you working?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-4 times per week	5 or more times per week	Less than 15 min.	15-30 min.	31-60 min.	more than 60 min.	Not hard	Somewhat hard	Hard
Walking for exercise, transportation or pleasure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Softball, volleyball, ping pong, shooting baskets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jogging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Running	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga, tai chi, stretching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home maintenance and gardening such as carpentry, painting, raking, or mowing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bowling or golf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Road or mountain biking, stationary biking, spinning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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	How often in the past 3 months					Minutes				How hard were you working?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-4 times per week	5 or more times per week	Less than 15 min.	15-30 min.	31-60 min.	more than 60 min.	Not hard	Somewhat hard	Hard
Swimming laps or scuba diving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hiking, backpacking, cross-country skiing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tennis, racketball, handball, squash, or paddle ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soccer, football, basketball, martial arts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight lifting, free weights, power lifting, circuit training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aerobic conditioning equipment, such as treadmill, rowing machine, stairmaster, elliptical runner, cross country skiing machine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Downhill skiing, ice or roller skating, in-line skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aerobic dance or exercise classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social dance or other dance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calisthenics, sit-ups or push-ups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





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4. How many hours a week in the past 3 months did you typically work at a job for pay and/or as a volunteer?

- 40 hours a week or more
- 20-39 hours a week
- 10-19 hours a week
- 1-9 hours a week
- Not currently working for pay or regularly volunteering

5. On a typical day during the past 3 months, how often did you do the following physical activities when you were doing paid or volunteer work?

	Less than 1 hour a day	1-2 hours a day	More than 2 hours a day
Sitting/standing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mostly walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heavy labor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>