



26707

PHYSICAL ACTIVITY QUESTIONNAIRE (LACE)

This questionnaire asks about physical activity that you have done in the past 12 months. For activities you do seasonally, average your estimate out over the entire year.

Physical activity is divided into three types:

- 1) Job or work related (including regularly scheduled volunteer work);
- 2) Household chores, home maintenance (including gardening), and care-giving activities;
- 3) Recreational and other activities.

INSTRUCTIONS

- Please answer each question as best you can. Estimate if you aren't sure.
- Use a pencil only.
- Fill in the ovals completely, and erase completely if you make any changes or mistakes.



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Date

mm/dd/yy

Visit 1 2 3

JOB OR WORK RELATED ACTIVITIES (INCLUDING REGULARLY SCHEDULED VOLUNTEER WORK)

1. Did you work for pay in the past year?

- No
- Yes

2. Did you do volunteer work in the past year?

- No
- Yes

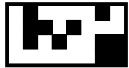
If you answered 'no' to both questions 1 and 2, stop here and skip questions 3, 4, and 5. If you answered 'yes' to either question 1 or 2, continue on this page.

3. How many days per week did you do paid work and/or volunteer work?

- Less than once a week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 days per week
- 6 or 7 days per week

4. How many hours a day did you do paid work and/or volunteer work?

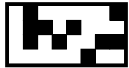
- 1-2 hours per day
- More than 2 hours to 4 hours
- More than 4 hours to 6 hours
- More than 6 hours to 8 hours
- More than 8 hours



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5. On a usual day during the past year, when you were doing paid or volunteer work, how many hours did you spend doing the following (exclude breaks and lunch)?

	Less than 1 hour	1-2 hours	More than 2 hours
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"/>



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ACTIVITIES IN THE PAST YEAR NOT RELATED TO REGULAR PAID OR VOLUNTEER WORK

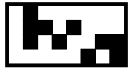
The following section asks about activities that you have done outside of paid or regular volunteer work in the past year. For each activity mark

- How often you did the activity (frequency)
- How much time you typically spent doing the activity each time you did it (duration)
- How much physical effort it took you to do the activity (physical effort)

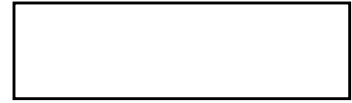
If you choose *never or less than once a month*, you do not need to fill in duration or physical effort. Only count the time actually spent doing the activity. *For example*, sitting by the pool does not count as swimming.

For activities that you do seasonally, average your frequency of participation over the whole 12 months.

ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
HOUSEHOLD CHORES	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Routine cleaning, such as dusting, changing bed linens, vacuuming, sweeping, cleaning bathroom and kitchen sinks and counters	<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"/>
Major cleaning, such as cleaning a garage, rugs, or windows, scrubbing floors or walls	<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"/>
Grocery shopping with cart	<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"/>
Other shopping	<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"/>
Doing laundry, folding clothes, ironing	<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"/>
Preparing meals, baking, cleaning up from meals, washing and drying dishes	<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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Remember, if you bubble in *"never or less than once a month"*, you do not need to indicate DURATION or PHYSICAL EFFORT for that activity.

ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
CARE-GIVING ACTIVITIES	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Taking care of infants and toddlers (bathing, feeding, holding, carrying and playing)	<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"/>
Taking care of young children: aged 3-5 years old (bathing, feeding, holding, carrying and playing)	<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"/>
Helping elderly or disabled people with personal care (bathing, feeding, dressing, transferring) or pushing a wheelchair	<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"/>
Grooming, caring for, and playing with large animals, such as big dogs, horses, or farm animals	<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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ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
HOME MAINTENANCE AND REPAIRS	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Painting inside or outside of house, or wall papering	<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"/>
Carpentry, plumbing or electrical work	<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"/>
Mowing lawn with a manual mower	<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"/>
Mowing lawn, walking behind a power lawnmower	<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"/>
Weeding, planting, cultivating a garden	<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"/>
Pruning or trimming shrubs and bushes	<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"/>
Vacuuming leaves, sweeping outside, raking leaves	<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"/>
Spading or digging in garden	<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"/>
Chopping wood, laying brick, shoveling snow	<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"/>
Watering yard	<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"/>
Washing car	<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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ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
Stairs and Outside Walking, Hiking, Running	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Walking, slower than 20 minutes a mile	<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"/>
Walking fast, 20 minutes a mile or faster	<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 (walking on hilly or uneven terrain)	<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"/>
Backpacking	<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"/>
Climbing up stairs (don't count going down)	<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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ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
SPORTS/ EXERCISE	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Swimming laps	<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"/>
Bicycle riding, touring or racing, road/mountain bike	<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"/>
Volleyball	<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, racquet ball, squash	<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, basketball	<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"/>
Baseball, softball	<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"/>
Golf, not using a cart	<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"/>
Golf, using a cart	<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"/>
Horseback riding	<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"/>
Fly fishing, hunting	<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, folk dancing	<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"/>
Jazz, ballet, modern, hip hop, tap, ethnic dancing	<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 (treadmill, stationary bike, stairclimber, rowing machine, elliptical trainer, 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"/>
Weight lifting	<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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ACTIVITY	FREQUENCY					DURATION				PHYSICAL EFFORT		
Other Activities	On average, how often in the past year did you do this activity?					How many minutes did you spend, on average, each time you did this activity?				When you did this activity, did your heart rate and breathing increase or did you sweat?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A medium amount	A large amount
Arts & crafts projects (knitting, quilting, model building, drawing, painting, stained glass)	<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"/>
Reading, writing, being on a computer other than at work	<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"/>
Socializing, visiting with friends, talking on the phone	<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"/>
Attending religious, social or service club meetings, sporting events, concerts, movies or shows	<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"/>
Watching TV, videos (not while you're doing other activities)	<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"/>
Playing board or card games	<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"/>
Playing a musical instrument	<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"/>
Driving or riding in a vehicle	<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"/>