

OVERALL PHYSICAL ACTIVITY (F17)

Chronic Kidney Disease in Children (CKiD)

SECTION A: GENERAL INFORMATION

A1. PARTICIPANT ID: AFFIX ID LABEL OR ENTER NUMBER IF ID LABEL IS NOT AVAILABLE

|_| - |_|_| - |_|_|_|

A2. CKiD VISIT #:

__ __

A3. FORM VERSION:

0 2 / 1 5 / 1 5

A4. DATE OF VISIT:

__ __ / __ __ / __ __ __ __
M M D D Y Y Y Y

A5. INTERVIEWER'S INITIALS:

__ __

A6. Is this study visit an irregular (accelerated) visit?

Yes..... 1
No..... 2

A7. Indicate the person completing the form?

Participant..... 1
Parent..... 2
Both..... 3

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SECTION B: SEDENTARY ACTIVITY

B1. Over the **past 30 days**, on average how many hours per day did (*name of participant*) sit and watch TV or videos?

- None, does not watch TV or videos..... 1
- Less than 1 hour per day..... 2
- 1 hour per day..... 3
- 2 hours per day..... 4
- 3 hours per day..... 5
- 4 hours per day..... 6
- 5 or more hours per day..... 7
- Don't know..... -8

B2. Over the **past 30 days**, on average how many hours per day did (*name of participant*) use a computer or play computer games/internet outside of school? Include Facebook or other social networking tools, YouTube, smartphone, Playstation, Nintendo DS, smartphone, iPad or other tablet, iPod.

- None, does not use a computer or play computer games 1
- Less than 1 hour per day..... 2
- 1 hour per day..... 3
- 2 hours per day..... 4
- 3 hours per day..... 5
- 4 hours per day..... 6
- 5 or more hours per day..... 7
- Don't know..... -8

B3. How much time does (*name of participant*) usually spend sitting on a typical day? This includes sitting at work/school, at home, getting to and from places, or with friends, including time spent sitting at a desk, traveling in a car or bus, reading, playing cards, watching television, or using a computer. **Do not include time spent sleeping.**

___ hr ___ mins

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SECTION C: OVERALL ACTIVITY LEVEL

C1. During the past 7 days, on how many days was (name of participant) physically active for a total of at least 60 minutes per day? Add up all the time (name of participant) spent in any kind of physical activity that increased {his/her} heart rate and made {him/her} breathe hard some of the time.

- 0 days..... 1
1 day..... 2
2 days..... 3
3 days..... 4
4 days..... 5
5 days..... 6
6 days..... 7
7 days..... 8
Don't know..... -8

C2. On how many of the past 7 days did (name of participant) exercise or participate in physical activity for at least 20 minutes that made {him/her} sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

___ ___ days

C3. On how many of the past 7 days did (name of participant) participate in physical activity for at least 30 minutes that did not make {him/her} sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors?

___ ___ days

SECTION D: PAID OR UNPAID WORK ACTIVITY

Think about the time that (name of participant) spends doing work. Think of work as the things that (name of participant) does such as paid or unpaid work, household chores and/or yard work.

Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

D1. Does (name of participant) work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads for at least 10 minutes continuously?

- Yes..... 1
No..... 2 (Skip to D4)
Don't know..... -8 (Skip to D4)

D2. In a typical week, on how many days does (name of participant) do vigorous-intensity activities as part of {his/her} work?

___ ___ days

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D3. How much time does (*name of participant*) spend doing **vigorous-intensity** activities at work on a typical day?
___ hr ___ mins

Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

D4. Does (*name of participant*) work/chores involve **moderate-intensity** activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for **at least 10 minutes continuously**?

Yes..... 1
No..... 2 **(Skip to E1)**
Don't know..... -8 **(Skip to E1)**

D5. In a **typical week**, on how many days does (*name of participant*) do **moderate-intensity** activities as part of their work/chore?
___ ___ days

D6. How much time does (*name of participant*) spend doing **moderate-intensity** activities at work on a **typical day**?
___ hr ___ mins

SECTION E: TRAVELING AND COMMUTING

The next questions exclude the physical activity of work (including household chores) that has already been mentioned. Now I would like to ask about the usual way that (*name of participant*) travels to and from places. For example, travel to school, for shopping, to work.

E1. Does (*name of participant*) walk or bicycle for **at least 10 minutes continuously** to get to and from places?

Yes..... 1
No..... 2 **(Skip to F1)**
Don't know..... -8 **(Skip to F1)**

E2. In a **typical week**, on how many days does (*name of participant*) walk or bicycle for **at least 10 minutes continuously** to get to and from places?
___ ___ days

E3. How much time does (*name of participant*) spend walking or bicycling for travel on a **typical day**?
___ hr ___ mins

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SECTION F: SCHOOL, SPORTS AND RECREATIONAL ACTIVITY

The next questions exclude the work and transportation activities that have already been mentioned. Now I would like to ask about school, sports, fitness and recreational activities.

F1. In an **average week** when (*name of participant*) is in school, on how many days does {he/she} go to physical education (PE) classes?

_____ days **(If "0", Skip to F3)**

F2. During an average physical education (PE) class, how many minutes does (*name of participant*) spend actually exercising or playing sports?

- Less than 10 minutes per day..... 1
- 10 to 20 minutes per day..... 2
- 21 to 30 minutes per day..... 3
- 31 to 40 minutes per day..... 4
- 41 to 50 minutes per day..... 5
- 51 to 60 minutes per day..... 6
- More than 60 minutes per day..... 7
- Don't know..... -8

F3. During the **past 12 months**, on how many sports teams did (*name of participant*) play? (Include any teams run by {his/her} school or community groups.)

_____ teams

Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

F4. Does (*name of participant*) do any **vigorous-intensity** sports, fitness, or recreational activities that cause large increases in breathing or heart rate like running or basketball for **at least 10 minutes continuously**?

- Yes..... 1
- No..... 2 **(Skip to F7)**
- Don't know..... -8 **(Skip to F7)**

F5. In a **typical week**, on how many days does (*name of participant*) do **vigorous-intensity** sports, fitness or recreational activities?

_____ days

F6. How much time does (*name of participant*) spend doing **vigorous-intensity** sports, fitness or recreational activities on a **typical day**?

___ **hr** ___ **mins**

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Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

F7. Does (*name of participant*) do any **moderate-intensity** sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling for pleasure, swimming or golf for **at least 10 minutes continuously**?

- Yes..... 1
- No..... 2 **(END FORM)**
- Don't know..... -8 **(END FORM)**

F8. In a **typical week**, on how many days does (*name of participant*) do **moderate-intensity** sports, fitness or recreational activities?

___ ___ days

F9. How much time does (*name of participant*) spend doing **moderate-intensity** sports, fitness or recreational activities on a typical day?

___ hr ___ mins

