

RESPONSE CARD PAQ, #1

WHAT NUMBER WOULD YOU CHOOSE FOR RATING YOUR PHYSICAL ACTIVITY DURING THE PAST YEAR?

1
Physically
Inactive

2

3
Moderately
Active

4

5
Very
Active

RESPONSE CARD PAQ, #2

ACTIVITIES LIST

Jog or run

Vigorous racket sports

Bicycle or exercise bicycle

Swim

Vigorous exercise class or dancing

Vigorous job activities, such as lifting, carrying or digging

Home or leisure activities, such as snow shoveling, moving heavy objects or weight lifting

Other strenuous sports, such as basketball, football, skating or skiing

Non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking

Walks or hikes or walk to work

Bowl or play golf

Home exercise or calisthenics

Home maintenance or gardening, including carpentry, painting, raking or mowing

RESPONSE CARD PAQ, #3

DURING LEISURE TIME DO YOU WATCH TELEVISION?

- 1 Never
- 2 Seldom
- 3 Sometimes
- 4 Often
- 5 Very often