Next I am going to ask you about the time (you spend/SP spends) doing different types of physical activity in a typical week. Please answer these questions even if (you do not/SP does not) consider (yourself/himself/herself) to be a physically active person.

Think first about the time (you spend/SP spends) doing work. Think of work as the things that (you have/SP has) to do such as paid or unpaid work, studying or training, household chores, and yard work. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Does (your/SP's) work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously?

YES ............................................................... 1
NO ............................................................... 2 (PAQ.620)
REFUSED ..................................................... 7 (PAQ.620)
DON'T KNOW .............................................. 9 (PAQ.620)

In a typical week, on how many days (do you/does SP) do vigorous-intensity activities as part of (your/his/her) work?

HARD EDIT: Less than 1 day or more than 7 days
Error Message: The number of days should be between 1 and 7.

[________] ENTER NUMBER OF DAYS

REFUSED ..................................................... 77 (PAQ.620)
DON'T KNOW .............................................. 99 (PAQ.620)
PAQ.615  How much time {do you/does SP} spend doing vigorous-intensity activities at work on a
typical day?

Q/U

SOFT EDIT: 12 hours or more.
Error Message: Please verify times of 12 hours or more.

HARD EDIT: Less than 10 minutes or 24 hours or more.
Error Message: The time should be 10 minutes or more, but less than 24 hours.

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ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ..................................................... 777
DON'T KNOW ................................................ 999

ENTER UNIT

MINUTES ...................................................... 1
HOURS ......................................................... 2
REFUSED ...................................................... 7
DON'T KNOW ............................................... 9

PAQ.620  Does {your/SP’s} work 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 (PAQ.635)
REFUSED ...................................................... 7 (PAQ.635)
DON'T KNOW ............................................... 9 (PAQ.635)

PAQ.625  In a typical week, on how many days {do you/does SP} do moderate-intensity activities as
part of {your/his/her} work?

HARD EDIT: Less than 1 day or more than 7 days
Error Message: The number of days should be between 1 and 7.

|____|____|____|
ENTER NUMBER OF DAYS

REFUSED ..................................................... 77 (PAQ.635)
DON'T KNOW ................................................ 99 (PAQ.635)
PAQ.630  How much time {do you/does SP} spend doing moderate-intensity activities at work on a
typical day?

Q/U

SOFT EDIT: 12 hours or more.
Error Message: Please verify times of 12 hours or more.

HARD EDIT: Less than 10 minutes or 24 hours or more.
Error Message: The time should be 10 minutes or more, but less than 24 hours.

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ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ......................................................... 777
DON'T KNOW .................................................. 999

ENTER UNIT

MINUTES ......................................................... 1
HOURS .......................................................... 2
REFUSED ....................................................... 7
DON'T KNOW ............................................... 9

PAQ.635  The next questions exclude the physical activities at work that you have already mentioned.
Now I would like to ask you about the usual way {you travel/SP travels} to and from places.
For example to school, for shopping, to work.

{Do you/Does SP} walk or use a bicycle for at least 10 minutes continuously to get to and
from places?

YES ............................................................... 1
NO .............................................................. 2 (PAQ.650)
REFUSED ....................................................... 7 (PAQ.650)
DON'T KNOW ............................................... 9 (PAQ.650)

PAQ.640  In a typical week, on how many days {do you/does SP} walk or bicycle for at least 10
minutes continuously to get to and from places?

HARD EDIT: Less than 1 day or more than 7 days
Error Message: The number of days should be between 1 and 7.

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ENTER NUMBER OF DAYS

REFUSED ......................................................... 77 (PAQ.650)
DON'T KNOW .................................................. 99 (PAQ.650)
PAQ.645  How much time (do you/does SP) spend walking or bicycling for travel on a typical day?

SOFT EDIT: 12 hours or more.
Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.
Error Message: The time should be 10 minutes or more, but less than 24 hours.

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DON'T KNOW ........................................... 999

ENTER UNIT

MINUTES .............................................. 1
HOURS .................................................... 2
REFUSED .............................................. 7
DON'T KNOW ........................................... 9

PAQ.650  The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities.

(Do you/Does SP) 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 (PAQ.665)
REFUSED .............................................. 7 (PAQ.665)
DON'T KNOW ........................................... 9 (PAQ.665)

PAQ.655  In a typical week, on how many days (do you/does SP) do vigorous-intensity sports, fitness or recreational activities?

HARD EDIT: Less than 1 day or more than 7 days
Error Message: The number of days should be between 1 and 7.

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ENTER NUMBER OF DAYS

REFUSED .............................................. 77 (PAQ.665)
DON'T KNOW ........................................... 99 (PAQ.665)
PAQ.660  How much time {do you/does SP} spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

SOFT EDIT: 12 hours or more.
Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.
Error Message: The time should be 10 minutes or more, but less than 24 hours.

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PAQ.665  {Do you/Does SP} do any moderate-intensity sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling, swimming, or volleyball for at least 10 minutes continuously?

YES ..................................................... 1
NO ..................................................... 2 (PAQ.680Q)
REFUSED .................................................... 7 (PAQ.680Q)
DON'T KNOW .................................................... 9 (PAQ.680Q)

PAQ.670  In a typical week, on how many days {do you/does SP} do moderate-intensity sports, fitness or recreational activities?

HARD EDIT: Less than 1 day or more than 7 days
Error Message: The number of days should be between 1 and 7.

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PAQ.675
How much time (do you/does SP) spend doing moderate-intensity sports, fitness or recreational activities on a typical day?

SOFT EDIT: 12 hours or more.
Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.
Error Message: The time should be 10 minutes or more, but less than 24 hours.

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ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ..................................................... 777
DON'T KNOW ................................................. 999

ENTER UNIT

MINUTES ...................................................... 1
HOURS ......................................................... 2
REFUSED ......................................................... 7
DON'T KNOW .................................................... 9

PAQ.680
The following question is about sitting or reclining at school, at home, at work, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards, watching television, or using a computer, but do not include time spent sleeping.

How much time (do you/does SP) usually spend sitting or reclining on a typical day?

SOFT EDIT: 18 hours or more.
Error Message: Please verify times of 18 hours or more.

HARD EDIT: 24 hours or more.
Error Message: The time should be less than 24 hours.

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ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ..................................................... 777
DON'T KNOW ................................................. 999

ENTER UNIT

MINUTES ...................................................... 1
HOURS ......................................................... 2
REFUSED ......................................................... 7
DON'T KNOW .................................................... 9