



# PHYSICAL ACTIVITY FORM

ID NUMBER:

FORM CODE:

DATE: 12/13/2022  
Version 4.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date: / /   
Month Day Year

0b. Staff ID:

0c. Type of visit:   
Full..... F  
Abbreviated Clinic or Home ..... A → **GO TO ITEM 21**

"The purpose of this interview is to obtain information on your physical activity levels during the past year, including sports and leisure activities along with activity around the home and community."

## A. SPORTS and LEISURE (Baecke)

"First, I will ask you about physical activities that you do for exercise, sports, or recreation. For this, I'd like you to think about activities that you do for health benefit during free periods of the day. I will ask you about activities that you do around the home and community later during the interview."

1. Do you exercise or play sports? Yes <sub>Y</sub> No <sub>N</sub> → **GO TO ITEM 21**

2. Which sport or exercise do you do most frequently?

[Do not show list. If activity is coded, enter code and go to Item 3. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

3. How many hours a week do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 2 ..... B
- At least 2 but not quite 3 ..... C
- At least 3 but not quite 4 ..... D
- 4 or more ..... E

4. How many months a year do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 4 ..... B
- At least 4 but not quite 7 ..... C
- At least 7 but not quite 10 ..... D
- 10 or more ..... E

5. Do you do other exercises or play other sports?

Yes <sub>Y</sub> No <sub>N</sub> → **GO TO ITEM 21**

6. What is your second most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 7. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

7. How many hours a week do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 2 ..... B
- At least 2 but not quite 3 ..... C
- At least 3 but not quite 4 ..... D
- 4 or more ..... E

8. How many months a year do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 4 ..... B
- At least 4 but not quite 7 ..... C
- At least 7 but not quite 10 ..... D
- 10 or more ..... E

9. Do you do other exercises or play other sports?

Yes <sub>Y</sub> No <sub>N</sub> → **Go to Item 21**

10. What is your third most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 11. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

11. How many hours a week do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 2 ..... B
- At least 2 but not quite 3 ..... C
- At least 3 but not quite 4 ..... D
- 4 or more ..... E

12. How many months a year do you do this activity? .....

- Less than 1 ..... A
- At least 1 but not quite 4 ..... B
- At least 4 but not quite 7 ..... C
- At least 7 but not quite 10 ..... D
- 10 or more ..... E

13. Do you do other exercises or play other sports?

Yes <sub>Y</sub> No <sub>N</sub> → **Go to Item 21**

14. What is your fourth most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 15. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

15. How many hours a week do you do this activity?

Less than 1 ..... A  
At least 1 but not quite 2 ..... B  
At least 2 but not quite 3 ..... C  
At least 3 but not quite 4 ..... D  
4 or more ..... E

16. How many months a year do you do this activity? .....

Less than 1 ..... A  
At least 1 but not quite 4 ..... B  
At least 4 but not quite 7 ..... C  
At least 7 but not quite 10 ..... D  
10 or more ..... E

17. Do you do other exercises or play other sports?

Yes <sub>Y</sub> No <sub>N</sub>

**"Now, I'd like to ask you a few additional questions about activities that you may do during free periods of the day".**

18. During leisure time, would you say you play sports or exercise?.....

Never ..... A  
Seldom ..... B  
Sometimes..... C  
Often..... D  
Very often ..... E

19. In comparison with others of your own age do you think your physical activity during leisure time is.....

Much less..... A  
Less ..... B  
The same..... C  
More ..... D  
Much more..... E

20. During leisure time, do you sweat .....

Never ..... A  
Seldom ..... B  
Sometimes..... C  
Often..... D  
Very often ..... E

21. During leisure time, do you watch television .....

Never ..... A  
Seldom ..... B  
Sometimes..... C  
Often..... D  
Very often ..... E

22. During leisure time, do you walk .....

Never ..... A

- Seldom ..... B
- Sometimes..... C
- Often..... D
- Very often ..... E

23. During leisure time, do you bicycle.....

- Never ..... A
- Seldom ..... B
- Sometimes..... C
- Often..... D
- Very often ..... E

**B. HOUSEHOLD AND TRANSPORTATION**

"Finally, I'd like to ask you a few questions about your activity around the home and community."

24. Do you do the light household work? (dusting, washing dishes, repairing clothes, etc.)?.....

- Never (<once a month) ..... A
- Sometimes (only when partner or help is not available) ..... B
- Mostly (sometimes assisted by partner or help) ..... C
- Always (alone or together with partner)..... D

25. Do you do the heavy housework? (washing floors and windows, carrying trash disposal bags, etc.)? .....

- Never (<once a month) ..... A
- Sometimes (only when partner or help is not available) ..... B
- Mostly (sometimes assisted by partner or help) ..... C
- Always (alone or together with partner)..... D

**[Skip items 26 - 28 if you answered "never" in items 24 and 25.]**

26. Including yourself, for how many persons do you keep house? .....

27. How many rooms do you keep clean, including kitchen, bedroom, garage, cellar, bathroom etc.? .....

- Never do housekeeping ..... A
- 1-6 rooms..... B
- 7-9 rooms..... C
- 10 or more rooms..... D

28. If any rooms, on how many floors? .....

29. Do you prepare warm meals yourself, or do you assist in preparing? .....

- Never ..... A
- Sometimes (once or twice a week)... B
- Mostly (3-5 times a week) ..... C
- Always (more than 5 times a week).. D

30. How many flights of stairs do you walk up per day? (One flight of stairs is 10 steps) ...

- I never walk stairs ..... A
- 1-5 ..... B
- 6-10 ..... C
- More than 10..... D

31. If you go somewhere in your hometown, what kind of transportation do you use? .....

- I never go out..... A
- Car..... B
- Public transportation ..... C
- Bicycle ..... D
- Walking..... E

32. How often do you go out for shopping?.....

- Never or less than once a week ..... A
- Once a week..... B
- Twice to four times a week..... C
- Every day..... D

33. If you go out for shopping, what kind of transportation do you use? .....

- I never go out..... A
- Car..... B
- Public transportation ..... C
- Bicycle ..... D
- Walking..... E

34. How many minutes do you walk and/or bicycle per day to and from work  
or shopping? (If seasonal, give average over the past year) .....

- Less than 5 ..... A
- At least 5 but not quite 15 ..... B
- At least 15 but not quite 30 ..... C
- At least 30 but not quite 45 ..... D
- 45 or more ..... E