

### Physical Activity and Physical Fitness (PAQ)

PAQ020pre The next series of questions are about physical activities that you have done over the **past 30 days**.

First I will ask about activities that are related to transportation.

Then I'll ask about daily activities, and finally, about physical activities during leisure time.

INTERVIEWER: HIT ENTER TO CONTINUE

PAQ020 Over the **past 30 days**, have you walked or bicycled as part of getting to and from work, or school, or to do errands?

**PAQ020** **FMT\_YES\_NO\_PAQ.**

<1> Yes  
 <2> No **(Skip to PAQ030)**  
 <3> Unable to do activity **(Skip to PAQ030)**

<d> Don't know **(Skip to PAQ030)**  
 <r> Refused **(Skip to PAQ030)**

PAQ025\_R2 Over the past 30 days, **on how many days** did you bike or walk to work, school or to do errands?

**PAQ025R2\_N** **FMT\_NUMCAT.**  
**PAQ025R2\_U** **FMT\_FREQ.**

HOW MANY DAYS PER WEEK OR PER MONTH DID YOU DO THESE ACTIVITIES?

<0> NEVER  
 <1-76> ENTER TIMES

<d> DON'T KNOW **(Skip to PAQ030)**  
 <r> REFUSED **(Skip to PAQ030)**

**ENTER UNIT**

<1> DAY/DAYS PER WEEK  
 <2> DAY/DAYS PER MONTH

PAQ026 On those days when you walked or bicycled, about **how long** did you spend altogether doing this?

**PAQ026\_N** **FMT\_NUMCAT.**  
**PAQ026\_U** **FMT\_FREQ\_MIN\_HRS.**

<0> NEVER  
 <1-500> ENTER TIMES

<d> DON'T KNOW  
 <r> REFUSED

**ENTER UNIT**

<1> MINUTE/MINUTES

**Physical Activity and Physical Fitness (PAQ)**

&lt;2&gt; HOUR/HOURS

PAQ030 Over the **past 30 days**, did you do any tasks in or around your home or yard for **at least 10 minutes** that required moderate or greater physical effort?

By moderate physical effort I mean, tasks that caused **light** sweating or a **slight to moderate increase** in your heart rate or breathing, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning.

**PAQ030 FMT\_YES\_NO\_PAQ.**

- <1> YES
- <2> NO (skip to PAQ060)
- <3> UNABLE TO DO ACTIVITY (skip to PAQ060)
- <d> DON'T KNOW (skip to PAQ060)
- <r> REFUSED (skip to PAQ060)

PAQ040 Over the **past 30 days**, how often did you do tasks in or around the home or yard that required at least moderate effort, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning?

**PAQ040\_N FMT\_NUMCAT.**  
**PAQ040\_U FMT\_FREQ.**

(How many days per week, or per month did you do these activities?)

- <0> NEVER
- <1-76> ENTER TIMES
- <d> DON'T KNOW (skip to PAQ060)
- <r> REFUSED (skip to PAQ060)

**ENTER UNIT**

- <1> DAY/DAYS PER WEEK
- <2> DAY/DAYS PER MONTH

PAQ050 About how long did you do these tasks **each time**?

**PAQ050\_N FMT\_NUMCAT.**  
**PAQ050\_U FMT\_FREQ\_MIN\_HRS.**

IF MORE THAN ONE TASK, ASK FOR TASK DONE MOST OFTEN.

- <0> NEVER
- <1-500> ENTER TIMES
- <d> DON'T KNOW
- <r> REFUSED

**ENTER UNIT**

- <1> MINUTE/MINUTES

**Physical Activity and Physical Fitness (PAQ)**

&lt;2&gt; HOUR/HOURS

PAQ060 Please tell me which of these four sentences **best** describes your usual daily activities? This could include work, housework, attending classes or other daily activities.

**PAQ060 FMT\_PAQ060\_.****HAND CARD.**

- <1> Sit during the day and don't walk about very much
- <2> Stand or walk about quite a lot during the day, but do not have to carry or lift things very often
- <3> Lift or carry light loads, or climb stairs/hills often
- <4> Do heavy work or carry heavy loads
- <d> DON'T KNOW
- <r> REFUSED

PAQ070pre The next questions are about physical activities including exercise, sports, and physically active hobbies that you/SP may have done during leisure time or at school over the **past 30 days**.

First I will ask you about **vigorous** activities that cause **heavy** sweating or **large increases** in breathing or heart rate.

Then I will ask you about **moderate** activities that cause only **light** sweating or a **slight to moderate increase** in breathing or heart rate.

INTERVIEWER: HIT ENTER TO CONTINUE

PAQ070 Over the past 30 days, did you do any **VIGOROUS** activities for at least 10 minutes that caused heavy sweating, or large increases in breathing or heart rate?

Some examples are running, lap swimming, aerobics classes, or fast bicycling. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about.

**PAQ070 FMT\_YES\_NO\_PAQ.****(HAND CARD WITH LIST OF ACTIVITIES LISTED IN PAQ071)**

- <1> YES
- <2> NO (skip to PAQ080)
- <3> UNABLE TO DO ACTIVITY (skip to PAQ080)
- <d> DON'T KNOW (skip to PAQ080)
- <r> REFUSED (skip to PAQ080)

PAQ071 Over the **past 30 days**, what **VIGOROUS** activities did you do? **(CODE ALL THAT APPLY) (ENTER "x" TO EXIT SCREEN)**

- <10> Aerobics
- <12> Basketball
- <33> Skiing (Downhill)
- <34> Soccer

**Physical Activity and Physical Fitness (PAQ)**

<13> Bicycling	<36> Stair Climbing
<17> Football	<38> Swimming
<20> Hiking	<39> Tennis
<21> Hockey	<40> Treadmill
<23> Jogging	<41> Volleyball
<24> Kayaking	<50> Boxing
<26> Racquetball	<53> Martial Arts
<27> Rollerblading	<54> Wrestling
<28> Rowing	<71> Other (specify)
<29> Running	<72> Other (specify)
<31> Skating	<73> Other (specify)
<32> Skiing (Cross-Country/Nordic Track)	

&lt;d&gt; DON'T KNOW

&lt;r&gt; REFUSED

1 <sup>st</sup> RESPONSE	PAQ071_A	FMT_071_.
2 <sup>nd</sup> RESPONSE	PAQ071_B	FMT_071_.
3 <sup>rd</sup> RESPONSE	PAQ071_C	FMT_071_.
4 <sup>th</sup> RESPONSE	PAQ071_D	FMT_071_.
5 <sup>th</sup> RESPONSE	PAQ071_E	FMT_071_.
6 <sup>th</sup> RESPONSE	PAQ071_F	FMT_071_.
7 <sup>th</sup> RESPONSE	PAQ071_G	FMT_071_.
8 <sup>th</sup> RESPONSE	PAQ071_H	FMT_071_.
9 <sup>th</sup> RESPONSE	PAQ071_I	FMT_071_.
10 <sup>th</sup> RESPONSE	PAQ071_J	FMT_071_.
11 <sup>th</sup> RESPONSE	PAQ071_K	FMT_071_.
12 <sup>th</sup> RESPONSE	PAQ071_L	FMT_071_.
13 <sup>th</sup> RESPONSE	PAQ071_M	FMT_071_.
14 <sup>th</sup> RESPONSE	PAQ071_N	FMT_071_.
15 <sup>th</sup> RESPONSE	PAQ071_O	FMT_071_.
16 <sup>th</sup> RESPONSE	PAQ071_P	FMT_071_.
17 <sup>th</sup> RESPONSE	PAQ071_Q	FMT_071_.
18 <sup>th</sup> RESPONSE	PAQ071_R	FMT_071_.
19 <sup>th</sup> RESPONSE	PAQ071_S	FMT_071_.
20 <sup>th</sup> RESPONSE	PAQ071_T	FMT_071_.
21 <sup>st</sup> RESPONSE	PAQ071_U	FMT_071_.
22 <sup>nd</sup> RESPONSE	PAQ071_V	FMT_071_.
23 <sup>th</sup> RESPONSE	PAQ071_W	FMT_071_.
24 <sup>th</sup> RESPONSE	PAQ071_X	FMT_071_.
PAQ071_OTHER	FMT_CHAR.	

HIT 'x' TO EXIT

PAQ075\_ (#) Over the **past 30 days, how often** did you do (activity)?IF NECESSARY: How many **times** per day, per week, or per month?

&lt;0&gt; NO TIMES

&lt;1-30&gt; TIMES

&lt;d&gt; Don't know

&lt;r&gt; Refused

## Physical Activity and Physical Fitness (PAQ)

### ENTER UNIT

- <1> DAY/DAYS PER WEEK  
 <2> DAY/DAYS PER MONTH

PAQ075_10	FMT_CHAR.
PAQ075_10_N	FMT_NUMCAT.
PAQ075_10_U	FMT_FREQ.

PAQ075_12	FMT_CHAR.
PAQ075_12_N	FMT_NUMCAT.
PAQ075_12_U	FMT_FREQ.

PAQ075_13	FMT_CHAR.
PAQ075_13_N	FMT_NUMCAT.
PAQ075_13_U	FMT_FREQ.

PAQ075_17	FMT_CHAR.
PAQ075_17_N	FMT_NUMCAT.
PAQ075_17_U	FMT_FREQ.

PAQ075_20	FMT_CHAR.
PAQ075_20_N	FMT_NUMCAT.
PAQ075_20_U	FMT_FREQ.

PAQ075_21	FMT_CHAR.
PAQ075_21_N	FMT_NUMCAT.
PAQ075_21_U	FMT_FREQ.

PAQ075_23	FMT_CHAR.
PAQ075_23_N	FMT_NUMCAT.
PAQ075_23_U	FMT_FREQ.

PAQ075_24	FMT_CHAR.
PAQ075_24_N	FMT_NUMCAT.
PAQ075_24_U	FMT_FREQ.

PAQ075_26	FMT_CHAR.
PAQ075_26_N	FMT_NUMCAT.
PAQ075_26_U	FMT_FREQ.

PAQ075_27	FMT_CHAR.
PAQ075_27_N	FMT_NUMCAT.
PAQ075_27_U	FMT_FREQ.

PAQ075_28	FMT_CHAR.
PAQ075_28_N	FMT_NUMCAT.
PAQ075_28_U	FMT_FREQ.

PAQ075_29	FMT_CHAR.
PAQ075_29_N	FMT_NUMCAT.

**Physical Activity and Physical Fitness (PAQ)**

PAQ075_29_U	FMT_FREQ.
PAQ075_31	FMT_CHAR.
PAQ075_31_N	FMT_NUMCAT.
PAQ075_31_U	FMT_FREQ.

PAQ075_32	FMT_CHAR.
PAQ075_32_N	FMT_NUMCAT.
PAQ075_32_U	FMT_FREQ.

PAQ075_33	FMT_CHAR.
PAQ075_33_N	FMT_NUMCAT.
PAQ075_33_U	FMT_FREQ.

PAQ075_34	FMT_CHAR.
PAQ075_34_N	FMT_NUMCAT.
PAQ075_34_U	FMT_FREQ.

PAQ075_36	FMT_CHAR.
PAQ075_36_N	FMT_NUMCAT.
PAQ075_36_U	FMT_FREQ.

PAQ075_38	FMT_CHAR.
PAQ075_38_N	FMT_NUMCAT.
PAQ075_38_U	FMT_FREQ.

PAQ075_39	FMT_CHAR.
PAQ075_39_N	FMT_NUMCAT.
PAQ075_39_U	FMT_FREQ.

PAQ075_40	FMT_CHAR.
PAQ075_40_N	FMT_NUMCAT.
PAQ075_40_U	FMT_FREQ.

PAQ075_41	FMT_CHAR.
PAQ075_41_N	FMT_NUMCAT.
PAQ075_41_U	FMT_FREQ.

PAQ075_50	FMT_CHAR.
PAQ075_50_N	FMT_NUMCAT.
PAQ075_50_U	FMT_FREQ.

PAQ075_53	FMT_CHAR.
PAQ075_53_N	FMT_NUMCAT.
PAQ075_53_U	FMT_FREQ.

PAQ075_54	FMT_CHAR.
PAQ075_54_N	FMT_NUMCAT.
PAQ075_54_U	FMT_FREQ.

PAQ075_71	FMT_CHAR.
PAQ075_71_N	FMT_NUMCAT.
PAQ075_71_U	FMT_FREQ.

**Physical Activity and Physical Fitness (PAQ)**

PAQ075_72	FMT_CHAR.
PAQ075_72_N	FMT_NUMCAT.
PAQ075_72_U	FMT_FREQ.

PAQ075_73	FMT_CHAR.
PAQ075_73_N	FMT_NUMCAT.
PAQ075_73_U	FMT_FREQ.

PAQ076\_ (#) Over the **past 30 days**, on average about **how long** did you do (activity) each time?

<0> NONE  
<1-500> ENTER NUMBER

<d> Don't know  
<r> Refused

**ENTER UNIT**

<1> MINUTE/MINUTES  
<2> HOUR/HOURS

PAQ076_10_N	FMT_NUMCAT.
PAQ076_10_U	FMT_FREQ_MIN_HRS.

PAQ076_12_N	FMT_NUMCAT.
PAQ076_12_U	FMT_FREQ_MIN_HRS.

PAQ076_13_N	FMT_NUMCAT.
PAQ076_13_U	FMT_FREQ_MIN_HRS.

PAQ076_17_N	FMT_NUMCAT.
PAQ076_17_U	FMT_FREQ_MIN_HRS.

PAQ076_20_N	FMT_NUMCAT.
PAQ076_20_U	FMT_FREQ_MIN_HRS.

PAQ076_21_N	FMT_NUMCAT.
PAQ076_21_U	FMT_FREQ_MIN_HRS.

PAQ076_23_N	FMT_NUMCAT.
PAQ076_23_U	FMT_FREQ_MIN_HRS.

PAQ076_24_N	FMT_NUMCAT.
PAQ076_24_U	FMT_FREQ_MIN_HRS.

PAQ076_26_N	FMT_NUMCAT.
PAQ076_26_U	FMT_FREQ_MIN_HRS.

PAQ076_27_N	FMT_NUMCAT.
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**Physical Activity and Physical Fitness (PAQ)**

PAQ076_27_U	FMT_FREQ_MIN_HRS.
PAQ076_28_N	FMT_NUMCAT.
PAQ076_28_U	FMT_FREQ_MIN_HRS.

PAQ076_29_N	FMT_NUMCAT.
PAQ076_29_U	FMT_FREQ_MIN_HRS.

PAQ076_31_N	FMT_NUMCAT.
PAQ076_31_U	FMT_FREQ_MIN_HRS.

PAQ076_32_N	FMT_NUMCAT.
PAQ076_32_U	FMT_FREQ_MIN_HRS.

PAQ076_33_N	FMT_NUMCAT.
PAQ076_33_U	FMT_FREQ_MIN_HRS.

PAQ076_34_N	FMT_NUMCAT.
PAQ076_34_U	FMT_FREQ_MIN_HRS.

PAQ076_36_N	FMT_NUMCAT.
PAQ076_36_U	FMT_FREQ_MIN_HRS.

PAQ076_38_N	FMT_NUMCAT.
PAQ076_38_U	FMT_FREQ_MIN_HRS.

PAQ076_39_N	FMT_NUMCAT.
PAQ076_39_U	FMT_FREQ_MIN_HRS.

PAQ076_40_N	FMT_NUMCAT.
PAQ076_40_U	FMT_FREQ_MIN_HRS.

PAQ076_41_N	FMT_NUMCAT.
PAQ076_41_U	FMT_FREQ_MIN_HRS.

PAQ076_50_N	FMT_NUMCAT.
PAQ076_50_U	FMT_FREQ_MIN_HRS.

PAQ076_53_N	FMT_NUMCAT.
PAQ076_53_U	FMT_FREQ_MIN_HRS.

PAQ076_54_N	FMT_NUMCAT.
PAQ076_54_U	FMT_FREQ_MIN_HRS.

PAQ076_71_N	FMT_NUMCAT.
PAQ076_71_U	FMT_FREQ_MIN_HRS.

PAQ076_72_N	FMT_NUMCAT.
PAQ076_72_U	FMT_FREQ_MIN_HRS.

PAQ076_73_N	FMT_NUMCAT.
PAQ076_73_U	FMT_FREQ_MIN_HRS.



## Physical Activity and Physical Fitness (PAQ)

PAQ080 Over the past 30 days, did you do **MODERATE** activities for **at least 10 minutes** that caused only **light** sweating or a **slight to moderate increase** in breathing or heart rate?

**PAQ080 FMT\_YES\_NO\_PAQ.**

Some examples are brisk walking, bicycling for pleasure, golf, or dancing. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about. **(HAND CARD WITH LIST OF ACTIVITIES IN PAQ081)**

- <1> YES  
 <2> NO (skip to PAQ090)  
 <3> UNABLE TO DO ACTIVITY (skip to PAQ090)  
 <d> DON'T KNOW (skip to PAQ090)  
 <r> REFUSED (skip to PAQ090)

PAQ081 Over the past 30 days, what **MODERATE** activities did you do? **(CODE ALL THAT APPLY) (ENTER "x" TO EXIT SCREEN)**

- |                            |                        |                       |
|----------------------------|------------------------|-----------------------|
| <10> Aerobics (low impact) | <27> Rollerblading     | <51> Frisbee          |
| <11> Baseball              | <28> Rowing            | <52> Horseback Riding |
| <12> Basketball            | <31> Skating           | <53> Martial Arts     |
| <13> Bicycling             | <33> Skiing (Downhill) | <55> Yoga             |
| <14> Bowling               | <34> Soccer            | <71> Other (specify   |
| <15> Dancing               | <35> Softball          | <72> Other (specify   |
| <16> Fishing               | <36> Stair Climbing    | <73> Other (specify   |
| <17> Football              | <37> Stretching        |                       |
| <19> Golf                  | <38> Swimming          |                       |
| <20> Hiking                | <39> Tennis            |                       |
| <21> Hockey                | <40> Treadmill         |                       |
| <22> Hunting               | <41> Volleyball        |                       |
| <23> Jogging               | <42> Walking           |                       |
| <24> Kayaking              | <43> Weight Lifting    |                       |
| <d> DON'T KNOW             | <r> REFUSED            |                       |

<b>1<sup>st</sup> RESPONSE</b>	<b>PAQ081_A</b>	<b>FMT_081_.</b>
<b>2<sup>nd</sup> RESPONSE</b>	<b>PAQ081_B</b>	<b>FMT_081_.</b>
<b>3<sup>rd</sup> RESPONSE</b>	<b>PAQ081_C</b>	<b>FMT_081_.</b>
<b>4<sup>th</sup> RESPONSE</b>	<b>PAQ081_D</b>	<b>FMT_081_.</b>
<b>5<sup>th</sup> RESPONSE</b>	<b>PAQ081_E</b>	<b>FMT_081_.</b>
<b>6<sup>th</sup> RESPONSE</b>	<b>PAQ081_F</b>	<b>FMT_081_.</b>
<b>7<sup>th</sup> RESPONSE</b>	<b>PAQ081_G</b>	<b>FMT_081_.</b>
<b>8<sup>th</sup> RESPONSE</b>	<b>PAQ081_H</b>	<b>FMT_081_.</b>
<b>9<sup>th</sup> RESPONSE</b>	<b>PAQ081_I</b>	<b>FMT_081_.</b>
<b>10<sup>th</sup> RESPONSE</b>	<b>PAQ081_J</b>	<b>FMT_081_.</b>
<b>11<sup>th</sup> RESPONSE</b>	<b>PAQ081_K</b>	<b>FMT_081_.</b>
<b>12<sup>th</sup> RESPONSE</b>	<b>PAQ081_L</b>	<b>FMT_081_.</b>
<b>13<sup>th</sup> RESPONSE</b>	<b>PAQ081_M</b>	<b>FMT_081_.</b>

**Physical Activity and Physical Fitness (PAQ)**

14 <sup>th</sup> RESPONSE	PAQ081_N	FMT_081_.
15 <sup>th</sup> RESPONSE	PAQ081_O	FMT_081_.
16 <sup>th</sup> RESPONSE	PAQ081_P	FMT_081_.
17 <sup>th</sup> RESPONSE	PAQ081_Q	FMT_081_.
18 <sup>th</sup> RESPONSE	PAQ081_R	FMT_081_.
19 <sup>th</sup> RESPONSE	PAQ081_S	FMT_081_.
20 <sup>th</sup> RESPONSE	PAQ081_T	FMT_081_.
21 <sup>st</sup> RESPONSE	PAQ081_U	FMT_081_.
22 <sup>nd</sup> RESPONSE	PAQ081_V	FMT_081_.
23 <sup>th</sup> RESPONSE	PAQ081_W	FMT_081_.
24 <sup>th</sup> RESPONSE	PAQ081_X	FMT_081_.
PAQ081_OTHER	FMT_CHAR.	

HIT 'x' TO EXIT

PAQ085\_ (#) Over the **past 30 days, how often** did you do (activity)?IF NECESSARY: **How** many days, per week, or per month?

<0> NO TIMES  
 <1-200> TIMES

<d> Don't know  
 <r> Refused

**ENTER UNIT**

<1> DAY/DAYS PER WEEK  
 <2> DAY/DAYS PER MONTH

PAQ085_10	FMT_CHAR.
PAQ085_10_N	FMT_NUMCAT.
PAQ085_10_U	FMT_FREQ.

PAQ085_12	FMT_CHAR.
PAQ085_12_N	FMT_NUMCAT.
PAQ085_12_U	FMT_FREQ.

PAQ085_13	FMT_CHAR.
PAQ085_13_N	FMT_NUMCAT.
PAQ085_13_U	FMT_FREQ.

PAQ085_17	FMT_CHAR.
PAQ085_17_N	FMT_NUMCAT.
PAQ085_17_U	FMT_FREQ.

PAQ085_20	FMT_CHAR.
PAQ085_20_N	FMT_NUMCAT.
PAQ085_20_U	FMT_FREQ.

PAQ085_21	FMT_CHAR.
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**Physical Activity and Physical Fitness (PAQ)**

PAQ085_21_N	FMT_NUMCAT.
PAQ085_21_U	FMT_FREQ.

PAQ085_23	FMT_CHAR.
PAQ085_23_N	FMT_NUMCAT.
PAQ085_23_U	FMT_FREQ.

PAQ085_24	FMT_CHAR.
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PAQ085_26	FMT_CHAR.
PAQ085_26_N	FMT_NUMCAT.
PAQ085_26_U	FMT_FREQ.

PAQ085_27	FMT_CHAR.
PAQ085_27_N	FMT_NUMCAT.
PAQ085_27_U	FMT_FREQ.

PAQ085_28	FMT_CHAR.
PAQ085_28_N	FMT_NUMCAT.
PAQ085_28_U	FMT_FREQ.

PAQ085_29	FMT_CHAR.
PAQ085_29_N	FMT_NUMCAT.
PAQ085_29_U	FMT_FREQ.

PAQ085_31	FMT_CHAR.
PAQ085_31_N	FMT_NUMCAT.
PAQ085_31_U	FMT_FREQ.

PAQ085_32	FMT_CHAR.
PAQ085_32_N	FMT_NUMCAT.
PAQ085_32_U	FMT_FREQ.

PAQ085_33	FMT_CHAR.
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PAQ085_34	FMT_CHAR.
PAQ085_34_N	FMT_NUMCAT.
PAQ085_34_U	FMT_FREQ.

PAQ085_36	FMT_CHAR.
PAQ085_36_N	FMT_NUMCAT.
PAQ085_36_U	FMT_FREQ.

PAQ085_38	FMT_CHAR.
PAQ085_38_N	FMT_NUMCAT.
PAQ085_38_U	FMT_FREQ.

PAQ085_39	FMT_CHAR.
PAQ085_39_N	FMT_NUMCAT.
PAQ085_39_U	FMT_FREQ.

## Physical Activity and Physical Fitness (PAQ)

PAQ085_40	FMT_CHAR.
PAQ085_40_N	FMT_NUMCAT.
PAQ085_40_U	FMT_FREQ.

PAQ085_41	FMT_CHAR.
PAQ085_41_N	FMT_NUMCAT.
PAQ085_41_U	FMT_FREQ.

PAQ085_50	FMT_CHAR.
PAQ085_50_N	FMT_NUMCAT.
PAQ085_50_U	FMT_FREQ.

PAQ085_53	FMT_CHAR.
PAQ085_53_N	FMT_NUMCAT.
PAQ085_53_U	FMT_FREQ.

PAQ085_54	FMT_CHAR.
PAQ085_54_N	FMT_NUMCAT.
PAQ085_54_U	FMT_FREQ.

PAQ085_71	FMT_CHAR.
PAQ085_71_N	FMT_NUMCAT.
PAQ085_71_U	FMT_FREQ.

PAQ085_72	FMT_CHAR.
PAQ085_72_N	FMT_NUMCAT.
PAQ085_72_U	FMT_FREQ.

PAQ085_73	FMT_CHAR.
PAQ085_73_N	FMT_NUMCAT.
PAQ085_73_U	FMT_FREQ.

PAQ086\_ (#) Over the **past 30 days**, on average about **how long** did you do (activity) each time?

<0> NONE  
<1-500> ENTER NUMBER

<d> Don't know  
<r> Refused

**ENTER UNIT**

<1> MINUTES  
<2> HOURS

PAQ086_10_N	FMT_NUMCAT.
PAQ086_10_U	FMT_FREQ_MIN_HRS.

**Physical Activity and Physical Fitness (PAQ)**

PAQ086\_12\_N FMT\_NUMCAT.  
PAQ086\_12\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_13\_N FMT\_NUMCAT.  
PAQ086\_13\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_17\_N FMT\_NUMCAT.  
PAQ086\_17\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_20\_N FMT\_NUMCAT.  
PAQ086\_20\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_21\_N FMT\_NUMCAT.  
PAQ086\_21\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_23\_N FMT\_NUMCAT.  
PAQ086\_23\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_26\_N FMT\_NUMCAT.  
PAQ086\_26\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_27\_N FMT\_NUMCAT.  
PAQ086\_27\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_28\_N FMT\_NUMCAT.  
PAQ086\_28\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_29\_N FMT\_NUMCAT.  
PAQ086\_29\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_31\_N FMT\_NUMCAT.  
PAQ086\_31\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_32\_N FMT\_NUMCAT.  
PAQ086\_32\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_34\_N FMT\_NUMCAT.  
PAQ086\_34\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_36\_N FMT\_NUMCAT.  
PAQ086\_36\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_38\_N FMT\_NUMCAT.  
PAQ086\_38\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_39\_N FMT\_NUMCAT.  
PAQ086\_39\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_40\_N FMT\_NUMCAT.  
PAQ086\_40\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_41\_N FMT\_NUMCAT.

**Physical Activity and Physical Fitness (PAQ)**

PAQ086\_41\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_50\_N FMT\_NUMCAT.

PAQ086\_50\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_53\_N FMT\_NUMCAT.

PAQ086\_53\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_54\_N FMT\_NUMCAT.

PAQ086\_54\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_71\_N FMT\_NUMCAT.

PAQ086\_71\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_72\_N FMT\_NUMCAT.

PAQ086\_72\_U FMT\_FREQ\_MIN\_HRS.

PAQ086\_73\_N FMT\_NUMCAT.

PAQ086\_73\_U FMT\_FREQ\_MIN\_HRS.

PAQ090 Over the **past 30 days**, did you do any physical activities specifically designed to **strengthen** your muscles such as lifting weights, push-ups or sit-ups? Include all such activities even if you have mentioned them before.

PAQ090 FMT\_YES\_NO\_PAQ.

&lt;1&gt; YES

&lt;2&gt; NO (skip to PAQ100)

&lt;3&gt; UNABLE TO DO ACTIVITY (skip to PAQ100)

&lt;d&gt; DON'T KNOW (skip to PAQ100)

&lt;r&gt; REFUSED (skip to PAQ100)

PAQ095 Over the **past 30 days**, how often did you do these strengthening physical activities?

PAQ095\_N FMT\_NUMCAT.

PAQ095\_U FMT\_FREQ3.

(How many times per week or month?)

&lt;0&gt; NONE

&lt;1-600&gt; TIMES

&lt;d&gt; DON'T KNOW

&lt;r&gt; REFUSED

**ENTER UNIT**

&lt;1&gt; DAY/DAYS PER WEEK

&lt;2&gt; DAY/DAYS PER MONTH

PAQ100 How does the amount of activity that you reported for the **past 30 days** compare

### Physical Activity and Physical Fitness (PAQ)

with your physical activity for the **past 12 months**?

Over the **past 30 days**, were you...?:

**PAQ100** **FMT\_PAQ100\_.**

- <1> More active
- <2> Less active
- <3> About the same
- <d> DON'T KNOW
- <r> REFUSED

PAQ110 Compared with most men/women your age, would you say that you are...?

**PAQ110** **FMT\_PAQ110\_.**

- <1> More active
- <2> Less active
- <3> About the same
- <d> Don't know
- <r> Refused

PAQ120 **[Asked only of those 30 or older]** Compared with yourself **10 years ago**, would you say that you are...?

**PAQ120** **FMT\_PAQ100\_.**

- <1> More active
- <2> Less active
- <3> About the same
- <d> Don't know
- <r> Refused

PAQ130pre Now I will ask you about TV watching and computer use outside of your regular work hours.

INTERVIEWER: HIT ENTER TO CONTINUE

PAQ130 Over the **past 30 days**, on average how many hours per day did you sit and watch TV or videos outside of work?

Would you say less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 or more hours, or none because you do not watch TV or videos?

**PAQ130** **FMT\_PAQ130\_.**

- <0> Less than 1 hour
- <1> 1 hour
- <2> 2 hours
- <3> 3 hours
- <4> 4 hours
- <5> 5 hours or more
- <6> None--does not watch TV or videos

**Physical Activity and Physical Fitness (PAQ)**

<d> Don't know  
<r> Refused

PAQ140

Over the **past 30 days**, on average how many hours per day did you use a computer or play computer games outside of work?

Would you say less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 or more hours, or none because you do not use a computer outside of work?

**PAQ140** **FMT\_PAQ130\_**

<0> Less than 1 hour  
<1> 1 hour  
<2> 2 hours  
<3> 3 hours  
<4> 4 hours  
<5> 5 hours or more  
<6> None—does not use computer outside of work

<d> Don't know  
<r> Refused

**(End of QNR; Go to TTQintro)**