

Dataset name: chmp_a_v1.3

Participant ID pid

Acrostic acrostic

Interviewer compby Visit Code vc

Date of Visit vis_dat (mm/dd/yyyy)

CHAMPS Activities Questionnaire for Older Adults ©

CRF 1.3

Champs Community Health Activities Model Program for Seniors
Institute for Health & Aging, Center for Healthy and Active Living
University of California San Francisco
Stanford Center for Research in Disease Prevention, Stanford University

Pre-interview instructions for the participant:

I will ask you about various activities that you may have done in the past four weeks; for those activities that you have done, I will also ask you how many times you have done the activity and how many total hours you spent doing the activity. For certain activities, I also may ask you how many total minutes you spend doing the activity and some additional questions about the activities you report doing to get a better understanding of those activities and to make sure we gather the most accurate information. There are no “right” or “wrong” responses, so please answer each question as honestly and accurately as you can.

In a typical week during the past 4 weeks, did you . . .						Act Mins
1. Visit with friends or family? (other than those you live with)	visit_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week?	visittm_chmp <input type="text"/>	How many TOTAL hours a week did you usually do it?	visithr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	
2. Go to the senior center?	senctr_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week?	senctrm_chm <input type="text"/>	How many TOTAL hours a week did you usually do it?	sencthr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	
3. Do volunteer work?	volwrk_chmp -9 - 1 Yes 0 No -6 Permanently Missing	How many times a week?	volwrktm_chm <input type="text"/>	How many TOTAL hours a week did you usually do it?	volwrkhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours	

	<input type="text" value="-"/>	week ?		<u>hours</u> <u>a</u> <u>week</u> did you usuall y do it?	<input type="text" value="4"/> 5 to 6-1/2 hours <input type="text" value="5"/> 7 to 8-1/2 hours <input type="text" value="6"/> 9 or more hours <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>
4. Attend church or take part in church activities?	church_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes <input type="text" value="0"/> No <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>	How many times a week?	churchtm_chm <input type="text" value="1"/>	How many TOTAL hours a week did you usually do it?	churchshr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Less than 1 hour <input type="text" value="2"/> 1 to 2-1/2 hours <input type="text" value="3"/> 3 to 4-1/2 hours <input type="text" value="4"/> 5 to 6-1/2 hours <input type="text" value="5"/> 7 to 8-1/2 hours <input type="text" value="6"/> 9 or more hours <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>
5. Attend other club or group meetings?	clubs_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes <input type="text" value="0"/> No <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>	How many times a week?	clubstm_chmp <input type="text" value="1"/>	How many TOTAL hours a week did you usually do it?	clubshr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Less than 1 hour <input type="text" value="2"/> 1 to 2-1/2 hours <input type="text" value="3"/> 3 to 4-1/2 hours <input type="text" value="4"/> 5 to 6-1/2 hours <input type="text" value="5"/> 7 to 8-1/2 hours <input type="text" value="6"/> 9 or more hours <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>
6. Use a computer?	comptr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes <input type="text" value="0"/> No <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>	How many times a week?	comptrtm_ch <input type="text" value="1"/>	How many TOTAL hours a week did you usually do it?	comptrshr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Less than 1 hour <input type="text" value="2"/> 1 to 2-1/2 hours <input type="text" value="3"/> 3 to 4-1/2 hours <input type="text" value="4"/> 5 to 6-1/2 hours <input type="text" value="5"/> 7 to 8-1/2 hours <input type="text" value="6"/> 9 or more hours <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>
7. Do woodworking, needlework, drawing, or other arts and crafts?	crafts_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes <input type="text" value="0"/> No <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>	How many times a week?	craftstm_chmp <input type="text" value="1"/>	How many TOTAL hours a week did you usually do it?	craftshr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Less than 1 hour <input type="text" value="2"/> 1 to 2-1/2 hours <input type="text" value="3"/> 3 to 4-1/2 hours <input type="text" value="4"/> 5 to 6-1/2 hours <input type="text" value="5"/> 7 to 8-1/2 hours <input type="text" value="6"/> 9 or more hours <input type="text" value="-6"/> Permanently Missing <input type="text" value="-"/>

In a typical week during the past 4 weeks, did you . . .					Act Mins	
8. <u>Dance?</u> (such as	dance_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes	How many	dancetm_chm	How many	danceshr_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Less than 1 hour	danceamin_chm

square, fold, line ballroom)(d o not count aerobic dance here)
 ◇ 4.5 METS;
 Moderate

0 No
 -6 Permanently Missing
 -
 times a week ?

TOTAL hours a week did you usually do it?
 2 1 to 2-1/2 hours
 3 3 to 4-1/2 hours
 4 5 to 6-1/2 hours
 5 7 to 8-1/2 hours
 6 9 or more hours
 -6 Permanently Missing
 -

p

9. **Play golf, carrying or pulling your equipment** ? (count walking time only)
 ◇ 3 METS;
 Moderate

golfcrr_chmp
 -9 -
 1 Yes
 0 No
 -6 Permanently Missing
 -
 How many times a week ?

golfcrtm_chmp
 How many times a week ?
 TOTAL hours a week did you usually do it?

golfcrrhr_chmp
 -9 -
 1 Less than 1 hour
 2 1 to 2-1/2 hours
 3 3 to 4-1/2 hours
 4 5 to 6-1/2 hours
 5 7 to 8-1/2 hours
 6 9 or more hours
 -6 Permanently Missing
 -

golfcramin_chm
 p

10 Play golf, riding a cart? (count walking time only)

golfrd_chmp
 -9 -
 1 Yes
 0 No
 -6 Permanently Missing
 -
 How many times a week ?

golfrdtm_chm
 How many times a week ?
 TOTAL hours a week did you usually do it?

golfrdhr_chmp
 -9 -
 1 Less than 1 hour
 2 1 to 2-1/2 hours
 3 3 to 4-1/2 hours
 4 5 to 6-1/2 hours
 5 7 to 8-1/2 hours
 6 9 or more hours
 -6 Permanently Missing
 -

11 Attend a concert, movie, lecture, or sport event?

concmv_chmp
 -9 -
 1 Yes
 0 No
 -6 Permanently Missing
 -
 How many times a week ?

concmvtn_ch
 How many times a week ?
 TOTAL hours a week did you usually do it?

concmvhr_chmp
 -9 -
 1 Less than 1 hour
 2 1 to 2-1/2 hours
 3 3 to 4-1/2 hours
 4 5 to 6-1/2 hours
 5 7 to 8-1/2 hours
 6 9 or more hours
 -6 Permanently Missing
 -

12 Play cards, bingo, or board games with other people?

games_chmp
 -9 -
 1 Yes
 0 No
 -6 Permanently Missing
 -
 How many times a week ?

gamestm_chm
 How many times a week ?
 TOTAL hours a week did you usually do it?

gameshr_chmp
 -9 -
 1 Less than 1 hour
 2 1 to 2-1/2 hours
 3 3 to 4-1/2 hours
 4 5 to 6-1/2 hours
 5 7 to 8-1/2 hours
 6 9 or more hours
 -6 Permanently Missing
 -

13 Shoot pool or billiards?

pool_chmp
 -9 -
 1 Yes

pooltm_chmp
 How many

poolhr_chmp
 -9 -
 1 Less than 1 hour

0 No
-6 Permanently Missing
-
times
a
week
?

TOTAL
L
hours
a
week
did
you
usuall
y do
it?

2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

-

14 **Play**
singles
tennis? (do
not count
doubles)
◇ 6 METS;
Moderate

sntenn_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing
-

How
many
times
a
week
?

sntenntm_chm

p

How
many
TOTAL
L
hours
a
week
did
you
usuall
y do
it?

sntennhr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

-

sntennamin_ch

mp

15 **Play**
doubles
tennis? (do
not count
singles)
◇ 4 METS;
Moderate

dbtenn_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing
-

How
many
times
a
week
?

dbtenntm_ch

mp

How
many
TOTAL
L
hours
a
week
did
you
usuall
y do
it?

dbtennhr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

-

dbtennamin_ch

mp

16 **Skate?**
(ice, roller,
in-line)
◇ 4.5
METS;
Moderate

skate_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing
-

How
many
times
a
week
?

skatetm_chmp

p

How
many
TOTAL
L
hours
a
week
did
you
usuall
y do
it?

skatehr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

-

skateamin_chm

p

17 Play a
musical
instrument?

msinst_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing
-

How
many
times
a
week
?

msinsttm_chm

p

How
many
TOTAL
L
hours
a
week
did
you
usuall
y do
it?

msinsthr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

-

18 Read?

read_chmp

-9 -
1 Yes

How
many

readtm_chmp

p

How
many

readhr_chmp

-9 -
1 Less than 1 hour

0 No
-6 Permanently Missing
-
times
a
week
?

TOTAL
L
hours
a
week
did
you
usuall
y do
it?

2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing
-
-

19 Do heavy work around the house?

(such as washing windows, cleaning gutters)
◇ 3 METS;
Moderate

hvhwrk_chmp
-9 -
1 Yes
0 No
-6 Permanently Missing
-
-

How many times a week?
hvhwrktm_chmp
mp
a
week
?

How many TOTAL hours a week did you usually do it?

hvhwrkhr_chmp
-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing
-
-

hvhwrkamin_chmp
mp
-

In a typical week during the past 4 weeks, did you . . .

Act
Mins

20 Do light work around the house?

(such as sweeping or vacuuming)

lthwrk_chmp
-9 -
1 Yes
0 No
-6 Permanently Missing
-
-

How many times a week?
lthwrktm_chmp
mp
a
week
?

How many TOTAL hours a week did you usually do it?

lthwrkhr_chmp
-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing
-
-

21 Do heavy gardening?

(such as spading, raking)
◇ 4 METS;
Moderate

hvgard_chmp
-9 -
1 Yes
0 No
-6 Permanently Missing
-
-

How many times a week?
hvgardtm_chmp
mp
a
week
?

How many TOTAL hours a week did you usually do it?

hvgardhr_chmp
-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing
-
-

hvgaraminr_chmp
mp
-

22 Do light gardening? (such as watering plants)

◇ 2.25 METS;
Light

ltgard_chmp
-9 -
1 Yes
0 No
-6 Permanently Missing
-
-

How many times a week?
ltgardtm_chmp
mp
a
week
?

How many TOTAL hours a week did you usually do it?

ltgardhr_chmp
-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing
-
-

23	<u>Work on your car, truck, lawn mower, or other machinery?</u> ◇ 3 METS; Moderate	wrkcar_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? wrkcartm_chm p	How many TOTAL hours a week did you usually do it? wrkcarhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing -	wrkcaramin_chmp p
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****Please note: For the following questions about running and walking, include use of a treadmill.**

24	<u>Jog or run?</u> ◇ 7 METS; Moderate	jogrun_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? jogruntm_chm p	How many TOTAL hours a week did you usually do it? jogrunhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing -	jogrunamin_chmp p
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25	<u>Walk uphill or hike uphill?</u> (count only uphill part) ◇ 6 METS; Moderate	walkup_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? walkuptm_ch mp	How many TOTAL hours a week did you usually do it? walkuphr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing -	walkupamin_chmp mp
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26	<u>Walk fast or briskly for exercise?</u> (do not count walking leisurely or uphill) ◇ 3.5 METS; Moderate	walkfs_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? walkfstm_chm p	How many TOTAL hours a week did you usually do it? walkfshr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing -	walkfsamin_chmp p
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27	<u>Walk to do errands?</u> [such as to/from a store or to take children to school (count walk time only)]	walkrr_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? walkrrtm_chm p	How many TOTAL hours a week did you usually do it? walkrrhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing -
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28 Walk leisurely for exercise or pleasure?

walkls_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

How many times per week?

walklstm_chm

How many TOTAL hours a week did you usually do it?

walklshr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

In a typical week during the past 4 weeks, did you . . .

Act Mins

29 Ride a bicycle or stationary cycle?
◇ 4 METS; Moderate

bicycl_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

How many times per week?

bicycltm_chm

How many TOTAL hours a week did you usually do it?

bicyclhr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

bicyclamin_chm

mp

30 Do other aerobic machines such as rowing, or step machines?
(do not count treadmill or stationary cycle)
◇ 5 METS; Moderate

aermch_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

How many times per week?

aermchtm_ch

How many TOTAL hours a week did you usually do it?

aermchhr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

aermchamin_ch

mp

31 Do water exercises?
(do not count other swimming)
◇ 3 METS; Moderate

watexr_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

How many times per week?

watexrtm_chm

How many TOTAL hours a week did you usually do it?

watexrhr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

watexramin_ch

mp

32 Swim moderately or fast?
◇ 5 METS; Moderate

swimfs_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

How many times per week?

swimfstm_ch

How many TOTAL hours a week did you usually do it?

swimfshr_chmp

-9 -
1 Less than 1 hour
2 1 to 2-1/2 hours
3 3 to 4-1/2 hours
4 5 to 6-1/2 hours
5 7 to 8-1/2 hours
6 9 or more hours
-6 Permanently Missing

swimfsamin_ch

mp

				did you usually do it?	<input type="text" value="-"/>	
33	Swim gently? ♦ 3 METS; Moderate	swimgn_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week? <input type="text"/>	swimgntm_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	swimgnhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	swimgnamin_chmp <input type="text"/>
34	Do stretching or flexibility exercises? (do <u>not</u> count yoga or Tai-chi)	strtch_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week? <input type="text"/>	strtchtm_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	strtchr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	
35	Do yoga or Tai-chi?	yoga_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week? <input type="text"/>	yogatm_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	yogahr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	
36	Do aerobics or aerobic dancing? ♦ 3.5 METS; Moderate	aerobc_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week? <input type="text"/>	aerobctm_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	aerobchr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	aerobcamin_chmp <input type="text"/>
37	Do moderate to heavy strength training? (such as hand-held	hvstr_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input type="text" value="-"/>	How many times a week? <input type="text"/>	hvstrtm_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	hvstrhr_chmp -9 - 1 Less than 1 hour 2 1 to 2-1/2 hours 3 3 to 4-1/2 hours 4 5 to 6-1/2 hours 5 7 to 8-1/2 hours 6 9 or more hours -6 Permanently Missing <input type="text" value="-"/>	hvstramin_chmp <input type="text"/>

weights of
more than
5 lbs.,
weight
machines
or push-
ups)
◇ 4.5
METS;
Moderate

did
you
usuall
y do
it?

**38 Do light
strength
training?**

(such as
hand-held
weights of
5 lbs. or
less or
elastic
bands)
◇ 3 METS;
Moderate

ltstr_chmp

How
many
times
a
week
?

ltstrtm_chmp

How
many
TOTA
L
hours
a
week
did
you
usuall
y do
it?

ltstrhr_chmp

ltstramin_chmp

In a typical week during the past 4 weeks, did you . . .

Act
Mins

**39 Do general
conditionin
g
exercises,
such as
light
calisthenics
or chair
exercises?
(do not
count time
on
sidelines)**

gencnd_chmp

How
many
times
a
week
?

gencndtm_ch

How
many
TOTA
L
hours
a
week
did
you
usuall
y do
it?

gencndhr_chmp

**40 Play
basketball,
soccer, or
racquetbal
l? (do not
count time
on
sidelines)
◇ 5 METS;
Moderate**

bbscrq_chmp

How
many
times
a
week
?

bbscrqtm_chm

How
many
TOTA
L
hours
a
week
did
you
usuall
y do
it?

bbscrqhr_chmp

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41 Watch TV?

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Source Form Language: lang

- 9 -
- 1 English
- 2 Spanish

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Participant ID (affix ID label here)	<h1 style="margin: 0;">LIFE</h1>	Acrostic 	Interviewer 	Visit Code
	Date of Visit 	month day year		

Champs Activities Questionnaire for Older Adults©

Champs Community Health Activities Model Program for Seniors
 Institute for Health & Aging, Center for Healthy and Active Living
 University of California San Francisco
 Stanford Center for Research in Disease Prevention, Stanford University

Pre-interview instructions for the participant:

I will ask you about various activities that you may have done in the past four weeks; for those activities that you have done, I will also ask you how many times you have done the activity and how many total hours you spent doing the activity. For certain activities, I also may ask you how many total minutes you spend doing the activity and some additional questions about the activities you report doing to get a better understanding of those activities and to make sure we gather the most accurate information. There are no “right” or “wrong” responses, so please answer each question as honestly and accurately as you can. Although for scientific reasons, I ask that you not tell me to which of the two LIFE groups you were assigned, when responding to questions in this interview, please report all of your activity, whether the activity is or is not part of the LIFE intervention. As long as you do not tell me what group you are in, this information will not un-blind me. Do you have any questions?”

In a typical or normal week during the past 4 weeks, did you...	No	Yes	If yes, How many times a week?	If yes, how many total <u>hours a week</u> did you usually do it? (Show response card “Champs 1”)						If yes, be more specific, how many actual minutes per week did you do it?
			Less than 1 hour	1-2 ½ hours	3-4 ½ hours	5-6 ½ hours	7-8 ½ hours	9 or more hours		
1. Visit with friends or family? (other than those you live with)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Go to the senior center?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Do volunteer work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Attend church or take part in church activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Attend other club or group meetings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Use a computer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Do woodworking, needlework, drawing, or other arts or crafts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Participant ID
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In a typical or normal week during the past 4 weeks, did you...	No	Yes	If yes,	If yes, how many total <u>hours a week</u> did you usually do it?						If yes, be more specific, how many actual minutes per week did you do it?
			How many times a week?	Less than 1 hour	1-2 ½ hours	3-4 ½ hours	5-6 ½ hours	7-8 ½ hours	9 or more hours	
8. Dance? (such as square, folk, line, ballroom) do <u>not</u> count aerobic dance here) ♦ 4.5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9. Play golf, carrying or pulling your equipment? (count walking time only) ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10. Play golf, riding a cart? (count walking time only)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. Attend a concert, movie, lecture, or sport event?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. Play cards, bingo, or board games with other people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. Shoot pool or billiards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. Play singles tennis? (do <u>not</u> count doubles) ♦ 6 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
15. Play doubles tennis? (do <u>not</u> count singles) ♦ 4 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
16. Skate? (ice, roller, in-line) ♦ 4.5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
17. Play a musical instrument?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. Read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19. Do heavy work around the house? (such as washing windows, cleaning gutters) ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Participant ID
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In a typical or normal week during the past 4 weeks, did you...	No	Yes	If yes,	If yes, how many total <u>hours a week</u> did you usually do it?						If yes, be more specific, how many actual minutes per week did you do it?
			How many times a week?	Less than 1 hour	1-2 ½ hours	3-4 ½ hours	5-6 ½ hours	7-8 ½ hours	9 or more hours	
20. Do light work around the house? (such as sweeping or vacuuming)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21. Do heavy gardening? (such as spading, raking) ♦ 4 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
22. Do light gardening? (such as watering plants)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23. Work on your car, truck, lawn mower, or other machinery? ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
** Please note: For the following questions about running and walking, include use of a treadmill.										
24. Jog or run? ♦ 7 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
25. Walk uphill or hike uphill? (count only uphill part) ♦ 6 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
26. Walk fast or briskly for exercise? (do <u>not</u> count walking leisurely or uphill) ♦ 3.5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
27. Walk to do errands? [such as to/from a store or to take children to school (count walk time only)]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28. Walk leisurely for exercise or pleasure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Visit
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In a typical or normal week during the past 4 weeks, did you...	No	Yes	If yes, How many times a week?	If yes, how many total <u>hours a week</u> did you usually do it?						If yes, be more specific, how many actual minutes per week did you do it?
				Less than 1 hour	1- 2 ½ hours	3- 4 ½ hours	5- 6 ½ hours	7- 8 ½ hours	9 or more hours	
29. Ride a bicycle or stationary cycle? ♦ 4 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
30. Do other aerobic machines such as rowing, or step machines? (do <u>not</u> count treadmill or stationary cycle) ♦ 5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
31. Do water exercises? (do <u>not</u> count other swimming) ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
32. Swim moderately or fast? ♦ 5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
33. Swim gently? ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
34. Do stretching or flexibility exercises? (do <u>not</u> count yoga or Tai-chi)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
35. Do yoga or Tai-chi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
36. Do aerobics or aerobic dancing? ♦ 3.5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
37. Do moderate to heavy strength training? (such as hand-held weights of <u>more</u> than 5 lbs., weight machines or push-ups) ♦ 4.5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
38. Do light strength training? (such as hand-held weights of <u>5 lbs. or less</u> or elastic bands) ♦ 3 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Participant ID (affix ID label here)	<h1 style="margin: 0;">LIFE</h1>	Acrostic <table border="1" style="display: inline-table; width: 100px; height: 20px;"></table> Visit Code <table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
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In a typical or normal week during the past 4 weeks, did you...	No	Yes	If yes,	If yes, how many total <u>hours a week</u> did you usually do it?						If yes, be more specific, how many actual minutes per week did you do it?
			How many times a week?	Less than 1 hour	1- 2 ½ hours	3- 4 ½ hours	5- 6 ½ hours	7- 8 ½ hours	9 or more hours	
39. Do general conditioning exercises or chair exercises? (do <u>not</u> count strength training)	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="display: inline-table; width: 40px; height: 20px;"></table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
40. <u>Play basketball, soccer, or racquetball?</u> (do <u>not</u> count time on sidelines) ♦ 5 METS; Moderate	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="display: inline-table; width: 40px; height: 20px;"></table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
41. Watch TV?	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="display: inline-table; width: 40px; height: 20px;"></table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>