

Dataset name: chmp_v2.5

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 2.5

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 style="width: 100%;" type="text" value="-"/>	How many times a week?	visittm_chmp <input style="width: 50%;" type="text"/> a week	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 style="width: 100%;" type="text" value="-"/>	
2. Go to the senior center?	senctr_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input style="width: 100%;" type="text" value="-"/>	How many times a week?	senctrtm_chm <input style="width: 50%;" type="text"/> a week	How many TOTAL hours a week did you usually do it?	senctrhr_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 style="width: 100%;" type="text" value="-"/>	
3. Do volunteer work?	volwrk_chmp -9 - 1 Yes 0 No -6 Permanently Missing <input style="width: 100%;" type="text" value="-"/>	How many times a week?	volwrktm_chm <input style="width: 50%;" type="text"/> a week	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 style="width: 100%;" type="text" value=""/>	

	<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. Dance? (such as	dance_chmp <input type="text" value="-9"/> - <input type="text" value="1"/> Yes	How many	dancetm_chm <input type="text" value="1"/>	How many	dancehr_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 ?

golfcrrtm_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
 -

golfcrramin_chmp
 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 ?

golfrdrtm_chmp
 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 ?

concmvrtm_chmp
 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_chmp
 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?

How many times a week?
hvhwrktm_chmp
mp
-

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?

How many times a week?
lthwrktm_chmp
mp
-

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?

How many times a week?
hvgardtm_chmp
mp
-

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?

How many times a week?
ltgardtm_chmp
mp
-

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	Work on your car, truck, lawn mower, or other machinery? ◇ 3 METS; Moderate	wrkcar_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? wrkcartm_chm []	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 []
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****Please note: For the following questions about running and walking, include use of a treadmill.**

24	Jog or run? ◇ 7 METS; Moderate	jogrun_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? jogruntm_chm []	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 []
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25	Walk uphill or hike uphill? (count only uphill part) ◇ 6 METS; Moderate	walkup_chmp -9 - 1 Yes 0 No -6 Permanently Missing -	How many times per week? walkuptm_chm []	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 []
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26	Walk fast or briskly for exercise? (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 []	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 []
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27	Walk to do errands? [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 []	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

33	Swim gently? ♦ 3 METS; Moderate	swimgn_chmp -9 - 1 Yes 0 No -6 Permanently Missing - -	How many times a week?	swimgntm_chmp mp	How many TOTAL hours a week did you usually do it?	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 - -	swimgnamin_chmp mp
34	Do stretching or flexibility exercises? (do not count yoga or Tai-chi)	strtch_chmp -9 - 1 Yes 0 No -6 Permanently Missing - -	How many times a week?	strtchtm_chmp mp	How many TOTAL hours a week did you usually do it?	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 - -	
35	Do yoga or Tai-chi?	yoga_chmp -9 - 1 Yes 0 No -6 Permanently Missing - -	How many times a week?	yogatm_chmp mp	How many TOTAL hours a week did you usually do it?	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 - -	
36	Do aerobics or aerobic dancing? ♦ 3.5 METS; Moderate	aerobc_chmp -9 - 1 Yes 0 No -6 Permanently Missing - -	How many times a week?	aerobctm_chmp mp	How many TOTAL hours a week did you usually do it?	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 - -	aerobcamin_chmp mp
37	Do moderate to heavy strength training? (such as hand-held	hvstr_chmp -9 - 1 Yes 0 No -6 Permanently Missing - -	How many times a week?	hvstrtm_chmp mp	How many TOTAL hours a week did you usually do it?	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 - -	hvstramin_chmp mp

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 -9 - 1 Yes 0 No -6 Permanently Missing - <input type="text"/>	How many times a week?	ltstrtm_chmp <input type="text"/>	How many TOTAL hours a week did you usually do it?	ltstrhr_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"/>	ltstramin_chmp <input type="text"/>
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In a typical week during the past 4 weeks, did you . . .	Act Mins
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39 Do general conditioning exercises, such as light calisthenics or chair exercises? (do not count time on sidelines)	gencnd_chmp -9 - 1 Yes 0 No -6 Permanently Missing - <input type="text"/>	How many times a week?	gencndtm_chmp <input type="text"/>	How many TOTAL hours a week did you usually do it?	gencndhr_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"/>
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40 Play basketball, soccer, or racquetball? (do not count time on sidelines) ◇ 5 METS; Moderate	bbscrq_chmp -9 - 1 Yes 0 No -6 Permanently Missing - <input type="text"/>	How many times a week?	bbscrqtm_chmp <input type="text"/>	How many TOTAL hours a week did you usually do it?	bbscrqhr_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"/>	bbscrqamin_chmp <input type="text"/>
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41 Watch TV?	tv_chmp -9 - 1 Yes 0 No -6 Permanently Missing - <input type="text"/>	How many times a week?	tvtn_chmp <input type="text"/>	How many TOTAL hours a week did you usually do it?	tvhr_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"/>	tvamin_chmp <input type="text"/>
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it?

Add the total number of responses for each bolded data box of categorial responses 1-6.

1 bold1_chmp 2 bold2_chmp 3 bold3_chmp 4 bold4_chmp 5 bold5_chmp
6 bold6_chmp

Interviewer: *Is there a bolded response with duration of 3 or more hours?* over3hours_chmp

-9 -
1 Yes
0 No
-6 Permanently Missing

-

If "yes" participant is not eligible.

Please use the following equation to calculate the score. Use only bolded items from categorial responses 1 and 2.

Total score = (number of Category 1 bolded responses) * 30 + (number of Category 2 bolded responses)* 105

Total score = (___ * 30) + (___ * 105) = totalscore_chmp

Is total greater than or equal to 125? total125_chmp

-9 -
1 Yes - not eligible
0 No - eligible
-6 Permanently Missing

-

Source Form Language: lang

-9 -
1 English
2 Spanish

-

Participant ID (affix ID label here)	LIFE	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.

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? (Show response card “Champs 1”)						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	
1. Visit with friends or family? (other than those you live with)	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
2. Go to the senior center?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
3. Do volunteer work?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
4. Attend church or take part in church activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
5. Attend other club or group meetings?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
6. Use a computer?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	
7. Do woodworking, needlework, drawing, or other arts or crafts?	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/>	

Participant ID
(affix ID label here)

LIFE

Acrostic

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Visit
Code

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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 hours a week did you usually do it?						If yes, be more specific, how many actual minutes per week did you do it?
				1 Less than 1 hour	2 1-2 ½ hours	3 3-4 ½ hours	4 5-6 ½ hours	5 7-8 ½ hours	6 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="text"/>
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="text"/>
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="text"/>
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="text"/>
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="text"/>
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="text"/>
Total of bolded boxes										

Participant ID
(affix ID label here)

LIFE

Acrostic

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Visit
Code

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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?
				1 Less than 1 hour	2 1-2 ½ hours	3 3-4 ½ hours	4 5-6 ½ hours	5 7-8 ½ hours	6 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="text"/>
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="text"/>
** 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="text"/>
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="text"/>
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="text"/>
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"/>	
Total of bolded boxes										

Participant ID
(affix ID label here)

LIFE

Acrostic

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Visit
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	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?
				1	2	3	4	5	6	
				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="checkbox"/>	<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="checkbox"/>	<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 not count other swimming) ♦ 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="text"/>
32. Swim moderately or fast? ♦ 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="text"/>
33. Swim gently? ♦ 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="text"/>
34. Do stretching or flexibility exercises? (do <u>not</u> count yoga or Tai-chi)	<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"/>	
35. Do yoga or Tai-chi?	<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"/>	
36. Do aerobics or aerobic dancing? ♦ 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="text"/>
37. Do moderate to heavy strength training? (such as hand-held weights of <u>more</u> <u>than 5 lbs.</u> , weight machines or push-ups) ♦ 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="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="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
<u>Total of bolded boxes</u>										

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, 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?
				1	2	3	4	5	6	
				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"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
40. Play <u>basketball, soccer, or racquetball?</u> (do <u>not</u> count time on sidelines) ♦ 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="text"/>
41. Watch TV?	<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="text"/>
Add the total number of responses for each bolded data box of categorical responses 1-6.				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
				1	2	3	4	5	6	

Interviewer:

Is there a response in the bolded data boxes with a duration of 3 or more hours?

Yes ☐ No ☐

STOP- Participant is not eligible.

Please use the following equation to calculate the score. Use only bolded data boxes from categorical responses 1 and 2.

Total score = (number of Category 1 bolded data boxes) * 30 + (number of Category 2 bolded boxes) * 105

Total score = (* 30) + (* 105) =

Is total >= 125? ☐ Yes → not eligible ☐ No → eligible