

Participant ID <u>pid</u>	Examiner <u>compby</u>	Acrostic <u>acrostic</u>
		V.C. <u>vc</u>
Date of Visit <u>vis_mth</u> -	/ <u>vis_day</u> -	/ <u>vis_yr</u>

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. I also may ask you some 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. I would like to remind you again, that for scientific reasons, please don't tell me to which of the two LIFE groups you were assigned.

Do you have any questions? (Interviewer Note: If the participant cannot respond or understand the questions, go to question #44.)

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

1. Visit with friends or family? (other than those you live with)	<u>visit_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week? -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	<u>visittm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it? -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 Not on form	<u>visithr_chmp</u> -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 Not on form
2. Go to the senior center?	<u>senctr_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week? -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	<u>senctrtm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it? -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 Not on form	<u>sencthr_chmp</u> -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 Not on form
3. Do volunteer work?	<u>volwrk_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week? -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	<u>volwrktm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it? -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 Not on form	<u>volwrkhr_chmp</u> -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 Not on form
4. Attend church or take part in church activities?	<u>church_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week? -9 - 1 1 2 2 3 3 4 4 5 5 6 6	<u>churchtm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6	How many TOTAL hours a week did you usually do it? -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	<u>churchhr_chmp</u> -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

			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
5. Attend other club or group meetings?	<u>clubs_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>clubstm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	<u>clubshr_chmp</u> -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 Not on form
6. Use a computer?	<u>comptr_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>comptrtm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	<u>comptrhr_chmp</u> -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 Not on form
7. Dance? (such as square, fold, line ballroom)(do not count aerobic dance here) ◇ 4.5 METS; Moderate	<u>dance_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>dancetm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	<u>dancehr_chmp</u> -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 Not on form
8. Do woodworking, needlework, drawing, or other arts and crafts?	<u>crafts_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>craftstm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	<u>craftshr_chmp</u> -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 Not on form
9. Play golf, carrying or pulling your equipment? (count walking time only) ◇ 3 METS; Moderate	<u>golfcr_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>golfcrtm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	<u>golfcrrh_chmp</u> -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 Not on form
In a typical week during the past 4 weeks, did you . . .					
10. Play golf, riding a cart? (count walking time only) ◇ 2 METS; Light	<u>golfrd_chmp</u> -9 - 1 Yes 0 No -6 Not on form	How many times a week?	<u>golfrdtm_chmp</u> -9 - 1 1 2 2 3 3 4 4 5 5 6 6	How many TOTAL hours a week did you usually do it?	<u>golfrdhr_chmp</u> -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

			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
11. Attend a concert, movie, lecture, or sport event?	concmv_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	concmvtn_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many 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 Not on form
12. Play cards, bingo, or board games with other people?	games_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	gamestm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many 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 Not on form
13. Shoot pool or billiards?	pool_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	pooltm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually do it?	poolhr_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 Not on form
14. Play singles tennis? (do <u>not</u> count doubles) ◇ 6 METS; Moderate	sntenn_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	sntenntm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually 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 Not on form
15. Play doubles tennis? (do <u>not</u> count singles) ◇ 4 METS; Moderate	dbtenn_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	dbtenntm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	How many TOTAL hours a week did you usually 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 Not on form
16. Skate? (ice, roller, in-line) ◇ 4.5 METS; Moderate	skate_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	skatetm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7	How many TOTAL hours a week did you usually 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 Not on form

			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
17. Play a musical instrument?	msinst_chmp	How	msinsttm_chmp	How many	msinsthr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
18. Read?	read_chmp	How	readtm_chmp	How many	readhr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
In a typical week during the past 4 weeks, did you . . .					
19. Do heavy work around the house? (such as washing windows, cleaning gutters) ◇ 3 METS; Moderate	hvhwrk_chmp	How	hvhwrtm_chmp	How many	hvhwkrhr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
20. Do light work around the house? (such as sweeping or vacuuming) ◇ 2.5 METS; Light	lthwrk_chmp	How	lthwrktm_chmp	How many	lthwrkhr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
21. Do heavy gardening? (such as spading, raking) ◇ 4 METS; Moderate	hvgard_chmp	How	hvgardtm_chmp	How many	hvgardhr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
22. Do light gardening? (such as watering plants) ◇ 2.25 METS; Light	ltgard_chmp	How	ltgardtm_chmp	How many	ltgardhr_chmp
	-9 -	many	-9 -	TOTAL hours a	-9 -
	1 Yes	times a	1 1	week did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form

			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
23. Work on your car, truck, lawn mower, or other machinery?	wrkcar_chmp	How many times a week?	wrkcartm_chmp	How many TOTAL hours a week did you usually do it?	wrkcarhr_chmp
◇ 3 METS; Moderate	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form		-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 Not on form

****Please note: For the following questions about running and walking, include use of a treadmill.**

24. Jog or run?	jogrun_chmp	How many times a week?	jogruntm_chmp	How many TOTAL hours a week did you usually do it?	jogrunhr_chmp
◇ 7 METS; Moderate	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form		-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 Not on form

25. Walk uphill or hike uphill? (count only uphill part)	walkup_chmp	How many times a week?	walkuptm_chmp	How many TOTAL hours a week did you usually do it?	walkuphr_chmp
◇ 6 METS; Moderate	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form		-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 Not on form

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

26. Walk fast or briskly for exercise? (do <u>not</u> count walking leisurely or uphill)	walkfs_chmp	How many times a week?	walkfstm_chmp	How many TOTAL hours a week did you usually do it?	walkfshr_chmp
◇ 3.5 METS; Moderate	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form		-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 Not on form

27. Walk to do errands? [such as to/from a store or to take children to school (count walk time only)]	walkrr_chmp	How many times a week?	walkrrtm_chmp	How many TOTAL hours a week did you usually do it?	walkrrhr_chmp
◇ 2.5 METS; Light	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form		-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 Not on form

28. Walk leisurely for exercise or pleasure?	walkls_chmp	How many times a week?	walklstm_chmp	How many TOTAL hours a week did you usually do it?	walklshr_chmp
◇ 2.5 METS; Light	-9 - 1 Yes 0 No -6 Not on form		-9 - 1 1 2 2 3 3 4 4 5 5		-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 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
29. Ride a bicycle or stationary cycle? ◇ 4 METS; Moderate	bicycl_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	bicycltm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	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 Not on form
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 Not on form	How many times a week?	aermchtm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	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 Not on form
31. Do water exercises? (do not count other swimming) ◇ 3 METS; Moderate	watexr_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	watexrtm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	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 Not on form
32. Swim moderately or fast? ◇ 5 METS; Moderate	swimfs_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	swimfstm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	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 Not on form
33. Swim gently? ◇ 3 METS; Moderate	swimgn_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	swimgntm_chmp -9 - 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 99 > 10 -6 Not on form	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 Not on form
In a typical week during the past 4 weeks, did you . . .					
34. Do stretching or flexibility exercises? (do not count yoga or Tai-chi) ◇ 2 METS; Light	strtch_chmp -9 - 1 Yes 0 No -6 Not on form	How many times a week?	strtchtm_chmp -9 - 1 1 2 2 3 3 4 4 5 5	How many TOTAL hours a week did you usually do it?	strtchhr_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 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
35. <u>Do yoga or Tai-chi?</u>	<u>yoga_chmp</u>	How	<u>yogatm_chmp</u>	How many	<u>yogahr_chmp</u>
◇ 2 METS; Light	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
36. <u>Do aerobics or aerobic dancing?</u>	<u>aerobc_chmp</u>	How	<u>aerobctm_chmp</u>	How many	<u>aerobchr_chmp</u>
◇ 3.5 METS; Moderate	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
37. <u>Do moderate to heavy strength training?</u> (such as hand-held weights of more than 5 lbs., weight machines or push-ups)	<u>hvstr_chmp</u>	How	<u>hvstrtm_chmp</u>	How many	<u>hvstrhr_chmp</u>
◇ 4.5 METS; Moderate	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
38. <u>Do light strength training?</u> (such as hand-held weights of 5 lbs. or less or elastic bands)	<u>ltstr_chmp</u>	How	<u>ltstrtm_chmp</u>	How many	<u>ltstrhr_chmp</u>
◇ 3 METS; Moderate	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
39. <u>Do general conditioning exercises, such as light calisthenics or chair exercises?</u> (do <u>not</u> count time on sidelines)	<u>gencnd_chmp</u>	How	<u>gencndtm_chmp</u>	How many	<u>gencndhr_chmp</u>
◇ 2.5 METS; Moderate	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		
40. <u>Play basketball, soccer, or racquetball?</u> (do <u>not</u> count time on sidelines)	<u>bbscrq_chmp</u>	How	<u>bbscrqtm_chmp</u>	How many	<u>bbscrqhr_chmp</u>
◇ 5 METS; Moderate	-9 -	many	-9 -	TOTAL <u>hours a</u>	-9 -
	1 Yes	times a	1 1	<u>week</u> did you	1 Less than 1 hour
	0 No	week?	2 2	usually do it?	2 1 to 2-1/2 hours
	-6 Not on form		3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours

7 7
8 8
9 9
10 10
99 > 10
-6 Not on form

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

41. Do other types of physical activity not previously mentioned?	otphy1_chmp	How many times a week?	otphy1tm_chmp	How many TOTAL hours a week did you usually do it?	otphy1hr_chmp
-9 -			-9 -		-9 -
1 Yes			1 1		1 Less than 1 hour
0 No			2 2		2 1 to 2-1/2 hours
-6 Not on form			3 3		3 3 to 4-1/2 hours
			4 4		4 5 to 6-1/2 hours
			5 5		5 7 to 8-1/2 hours
			6 6		6 9 or more hours
			7 7		-6 Not on form
			8 8		
			9 9		
			10 10		
			99 > 10		
			-6 Not on form		

[otph1sp_chmp](#)

42. Do other types of physical activity not previously mentioned?	otphy2_chmp	How many times a week?	otphy2tm_chmp	(please specify)	How many TOTAL hours a week did you usually do it?	otphy2hr_chmp
-9 -			-9 -			-9 -
1 Yes			1 1			1 Less than 1 hour
0 No			2 2			2 1 to 2-1/2 hours
-6 Not on form			3 3			3 3 to 4-1/2 hours
			4 4			4 5 to 6-1/2 hours
			5 5			5 7 to 8-1/2 hours
			6 6			6 9 or more hours
			7 7			-6 Not on form
			8 8			
			9 9			
			10 10			
			99 > 10			
			-6 Not on form			

[otph2sp_chmp](#)

43. Do other types of physical activity not previously mentioned?	otphy3_chmp	How many times a week?	otphy3tm_chmp	(please specify)	How many TOTAL hours a week did you usually do it?	otphy3hr_chmp
-9 -			-9 -			-9 -
1 Yes			1 1			1 Less than 1 hour
0 No			2 2			2 1 to 2-1/2 hours
-6 Not on form			3 3			3 3 to 4-1/2 hours
			4 4			4 5 to 6-1/2 hours
			5 5			5 7 to 8-1/2 hours
			6 6			6 9 or more hours
			7 7			-6 Not on form
			8 8			
			9 9			
			10 10			
			99 > 10			
			-6 Not on form			

[otph3sp_chmp](#)

Interviewer Note: Do feel this was a valid interview? [valid_chmp](#)

-9 -
1 Yes
0 No
-6 Not on form

(If No, specify) [validsp_chmp](#)

Source Form Language: [lang](#)

-9 -
1 English
2 Spanish

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