

Study of Osteoporotic Fractures (SOF)

Study Collection Forms

Visit 5

Lifestyle

Physical Activity and Exercise

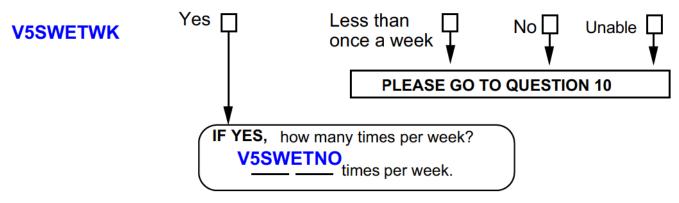
Form Type: Self-Administered Questionnaire

LEGEND:

Raw form variable names are located next to the question they represent and do not have a border around the variable name.

Calculated variable names are derived from other variables and have a border around the variable name. The calculated variables names are located in close proximity to the questions from which they were derived.

Some of the questions and measurements on these forms are not being released, and therefore no variable name is provided for them. **9.** Do you engage in any regular activity, (brisk walking, jogging, bicycling, etc.) at least once a week long enough to work up a sweat?



10. During an average 24-hour day, about how many hours do you usually spend sleeping and lying down with your feet up? (Be sure to include time sleeping at night or trying to sleep, resting or stretched out on the sofa watching T.V., etc. Do not include time sitting with your feet up.)

V5FEETUP

I usually spend about hours a day sleeping and lying down.

11. During an average 24-hour day, about how many hours do you usually spend sitting upright? (Be sure to include time sitting at the table eating, driving or riding in a car or bus, sitting watching T.V. or talking, etc. sitting with your feet up.)

V5SITUP

I usually spend about _____ hours a day sitting upright.

V5OFFFT4

About how often, on the average, do you go out of your house or residence n good weather?
several times a day about once a day several times a week about once a week less than once a week
about how often, on the average, do you leave your neighborhood?
several times a day about once a day several times a week about once a week 2 or 3 days a month less than once a month
Think about how often you use stairs on a typical day. Include inside tairs and outside stairs, stairs at home and stairs at other places. Please note: 10 steps equals 1 flight of stairs. a. About how many trips down stairs do you make on a typical day? Count each time you go down a stairway as 1 trip. V5DNSTRS
trips <u>down</u> stairs per day.
b. About how many <u>flights of stairs</u> do you w <u>alk up</u> on a typical day? Please note: 10 steps equals 1 flight of stairs.
V5UPSTRS flights up per day. V5STRCAL