



Physical Activity

Office Use Only											
SOF ID#				Acrostic				Staff ID#			



- ① On average, how many city blocks or their equivalent do you walk each day as part of your normal routine, such as when you go out shopping? **Do not include walking for exercise.** (1 mile equals 12 city blocks)

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blocks per day

- ② Do you walk for exercise (walk one block or more without stopping)?

Yes No Don't know

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On average, how many city blocks or their equivalent do you walk each day for exercise? (1 mile equals 12 city blocks)

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blocks per day

- ③ About how many hours per week do you usually spend doing heavy household chores, such as scrubbing floors, vacuuming, sweeping, yardwork, gardening, or snow shoveling? (Less than 1 hour = 0.5)

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hours per week **V8CHORHR**

- ④ At least once a week, do you engage in any regular activity (brisk walking, jogging, bicycling, etc.) long enough to break a sweat?

Yes Less than once a week No **V8SWETWK**

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How many times per week?			V8SWETNO
			times per week





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5 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.

V8SITUP

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hours per day

6 About how many hours per week do you spend watching television?

V8TV

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hours per week

7 About how often, on the average, do you go out of your house or residence in good weather?

V8GETAIR

- Several times a day
- About once a day
- Several times a week
- About once a week
- Less than once a week

8 About how often, on the average, do you leave your neighborhood?

V8CAROUS

- Several times a day
- About once a day
- Several times a week
- About once a week
- 2 or 3 times a month
- Less than once a month

9 In the past year, have you been trying to lose weight?

V8WTLS

- Yes
- No
- Don't know

V8INVWLS

By what means were you trying to lose weight? Check all that apply.

Diet

Diet program (Weight Watchers, Jenny Craig, Nutra System, etc.)

Exercise

Diet liquids (Slim Fast, etc.)

Diet Pills

Other → Describe: _____

V8DIET
V8EXERWL

V8PROG*
V8DLIQ*
V8WTLSOT*

V8WLOTDE

