



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 **V8ROUT**

V8BLKCAL

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

Yes No Don't know **V8EXER**

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 **V8BLOCKS**

- 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

- 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

How many times per week?

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times per week

