



Office Use Only SOF ID#	<input type="radio"/> MISSING Acrostic
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

- ④ 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.

hours per day

- ⑤ 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.

hours per day

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

hours per week

- ⑦ Do you walk for exercise (walk one block or more without stopping)?

Yes    No    Don't know   **V9EXER**



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

blocks per day

**V9BLOCKS**

