

Acknowledgments must be given to DePietro et al (1993) if this questionnaire is used or modified

## Part 1

*Interviewer: (please read to participant):* We are interested to learn about the types of activities which are part of your regular routine. I am going to show you lists of common types of physical activities. Please tell me how much time (in minutes or hours) you spent during the past week.

*Interviewer: Show the participant Card number 1.*

Activity	Time		Intensity code
	Hours	Minutes	
<b>Work</b>			
Shopping (eg, grocery, clothes)	_____	_____	3.5
Stair climbing while carrying a load.	_____	_____	8.5
Laundry:	_____	_____	
Unloading/ loading machine, hanging, folding only	_____	_____	3.0
Washing clothes by hand	_____	_____	4.0
Light housework: tidying, dusting, sweeping, collecting rubbish in the home, polishing, ironing.	_____	_____	3.0
Heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, boxes or rubbish bins.	_____	_____	4.5
Food preparation: chopping, stirring, moving about to get food items and pans.	_____	_____	2.5
Food service: setting table, carrying food, serving food			2.5
Dish washing: clearing the table, washing / drying dishes, putting dishes away.	_____	_____	2.5
Light home repair. Small appliance repair, light home maintenance / repair.	_____	_____	3.0
Heavy home repair: painting, carpentry, washing/polishing car.	_____	_____	5.5
Other: _____	_____	_____	_____

<b>Yard work</b>	<b>Hours</b>	<b>Minutes</b>	
Gardening, pruning, planting, weeding, digging, hoeing	_____	_____	4.5
Lawn mowing (walking only)	_____	_____	4.5
Clearing walks/driveways: sweeping, shoveling, raking	_____	_____	5.0
Other: _____	_____	_____	_____
<b>Care taking</b>	<b>Hours</b>	<b>Minutes</b>	
Older or disabled person (lifting, pushing wheelchair)	_____	_____	5.5
Child care (lifting, carrying, pushing pram)	_____	_____	4.0
<b>Exercise</b>	<b>Hours</b>	<b>Minutes</b>	
Brisk walking	_____	_____	6.0
Pool exercises, stretching, yoga	_____	_____	3.0
Vigorous calisthenics, aerobics	_____	_____	6.0
Cycling	_____	_____	6.0
Swimming (laps only)	_____	_____	6.0
Other	_____	_____	_____

<b>Recreation</b>	<b>Hours</b>	<b>Minutes</b>	
Leisurely / slow walking	_____	_____	3.5
Needlework: knitting, sewing, needlepoint, etc	_____	_____	1.5
Dancing: line, ballroom, tap, square etc	_____	_____	5.5
Bowling	_____	_____	3.0
Golf	_____	_____	5.0
Racquet sports: tennis, squash	_____	_____	7.0
Billiards	_____	_____	2.5
Other	_____	_____	_____

### **Part two**

Interviewer: *Please read to subject.*

I would now like to ask you about certain types of activities that you have done during the past month. I will ask you about how much vigorous activity, leisurely walking, sitting, standing and some other activities.



6. Think about how much time you spend standing or moving around on your feet on an average day during the past month. About how many hours per day do you **stand**?

Not at all	0
Less than 1 hour per day	1
1 to 3 hours per day	2
3 to 5 hours per day	3