

Physical Activity Screener for Adults - Post-Survey

INSTRUCTIONS We are trying to find out about your level of physical activity in the last week. Please make sure to read every question carefully and **fill in only one response per question**, unless otherwise noted.



In answering the following questions:

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Q1a During the last 7 days, **on how many days did you do vigorous physical activities** like jogging or running, fast bicycling, heavy shoveling or digging, or heavy lifting?

▼ 0 ... 7

Q1b How much time in total did you usually spend on **one** of those days doing vigorous physical activities?

Hours _____

Minutes _____



In answering the following questions:

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Q2a During the last 7 days, **on how many days did you do moderate physical activities** like bicycling, active play with children, and light yard work or housework (for example, gardening, raking, washing windows, vacuuming, or carrying light loads)? **Do not include walking.**

▼ 0 ... 7

Q2b How much time in total did you usually spend on **one** of those days doing moderate physical activities?

Hours _____

Minutes _____



Q3a During the last 7 days, on how many days did you **walk**? This includes walking at work and at home, walking to travel from place to place, and any other walking that you did solely for recreation, sport, exercise or leisure.

▼ 0 ... 7

Q3b How much time in total did you usually spend walking on **one** of those days?

Hours _____

Minutes _____



The last question is about the time you spent sitting on weekdays while at work, at home, while doing course work and during leisure time. This includes time spent sitting at a desk, visiting friends, reading, traveling on a bus, or sitting or lying down to watch television.

Q4 Thinking back on the last 7 days, how much time in total did you usually spend *sitting* on a typical **week day**?

Hours _____

Minutes _____



Please tell us about yourself.

Q5 How would you describe yourself?

Hispanic/Latino

Non-Hispanic/Latino

Prefer not to answer

Q6 How would you describe yourself (select one or more)?

American Indian or Alaska Native

Asian

Black or African American

Native Hawaiian or Other Pacific Islander

White

Not listed (may specify here) _____

Prefer not to answer

Q7 How would you describe yourself?

- Female
- Male
- Not listed (may specify here)
-

Prefer not to answer

Q8a When is your birthday?

Select your birthday month.

▼ January ... December

Q8b Select your birthday day.

▼ 1 ... 31

Q9 What is your middle initial?

▼ A ... Z

Q10 What is your age?

▼ 18 ... 99



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Thanks for taking this survey!