

LIFETIME TOTAL PHYSICAL ACTIVITY QUESTIONNAIRE

These questions will be about your physical activity patterns over your lifetime. Specifically, I will be asking you about your occupational, household and recreational activities.

1. OCCUPATIONAL & VOLUNTEER ACTIVITIES

*Starting with your occupational activities, please tell me what jobs (paid or volunteer) you have done for at least **8 hours per week for 4 months** of the year (**128 hours total per year or 2.5 hours per week per year**) over your lifetime starting with your first job.*

Please tell me about each job that you had. I need to know how old you were when you started and stopped working at each job and the number of months per year, days per week, hours per day that you worked at each job. Finally, I need to know what kind of physical effort you had for each job. Please choose one intensity level from the list on this separate page that defines each level.

LIFETIME RECORD OF OCCUPATIONAL & VOLUNTEER ACTIVITIES

No. of Rows _____

No.	Job Title	Description of Occupational Activity	Age Started	Age Ended	No. of Mos/ Yr.	No. of Days/ Wk.	Time/Day		Intensity of Activity (1,2,3,4)	Did you ever walk, bike, rollerblade, or run to this job?	Which ones did you normally do? (Check all that apply.)	No. of Mos/ Yr.	No. of Days /Wk.	Time/Day	
							Hrs.	Mins.						Hrs.	Mins.
1									¹ <input type="radio"/> yes ² <input type="radio"/> no (next job) ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	¹ <input type="radio"/> walk ² <input type="radio"/> bike ³ <input type="radio"/> rollerblade ⁴ <input type="radio"/> run ⁵ <input type="radio"/> other _____ ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	
2									¹ <input type="radio"/> yes ² <input type="radio"/> no (next job) ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	¹ <input type="radio"/> walk ² <input type="radio"/> bike ³ <input type="radio"/> rollerblade ⁴ <input type="radio"/> run ⁵ <input type="radio"/> other _____ ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	
3									¹ <input type="radio"/> yes ² <input type="radio"/> no (next job) ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	¹ <input type="radio"/> walk ² <input type="radio"/> bike ³ <input type="radio"/> rollerblade ⁴ <input type="radio"/> run ⁵ <input type="radio"/> other _____ ⁹⁷ <input type="radio"/> Ref (next job) ⁹⁹ <input type="radio"/> DK (next job)	

No.	Job Title	Description of Occupational Activity	Age Started	Age Ended	No. of Mos/ Yr.	No. of Days/ Wk.	Time/Day		Intensity of Activity (1,2,3,4)	Did you ever walk, bike, rollerblade, or run to this job?	Which ones did you normally do? (Check all that apply.)	No. of Mos/ Yr.	No. of Days /Wk.	Time/Day	
							Hrs.	Mins.						Hrs.	Mins.
4										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
5										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
6										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
7										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
8										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
9										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other_____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)

No.	Job Title	Description of Occupational Activity	Age Started	Age Ended	No. of Mos/ Yr.	No. of Days/ Wk.	Time/Day		Intensity of Activity (1,2,3,4)	Did you ever walk, bike, rollerblade, or run to this job?	Which ones did you normally do? (Check all that apply.)	No. of Mos/ Yr.	No. of Days /Wk.	Time/Day	
							Hrs.	Mins.						Hrs.	Mins.
10										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
11										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
12										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
13										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
14										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
15										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)

No.	Job Title	Description of Occupational Activity	Age Started	Age Ended	No. of Mos/ Yr.	No. of Days/ Wk.	Time/Day		Intensity of Activity (1,2,3,4)	Did you ever walk, bike, rollerblade, or run to this job?	Which ones did you normally do? (Check all that apply.)	No. of Mos/ Yr.	No. of Days /Wk.	Time/Day	
							Hrs.	Mins.						Hrs.	Mins.
16										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
17										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
18										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
19										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
20										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)
21										<input type="radio"/> yes <input type="radio"/> no (next job) <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)	<input type="radio"/> walk <input type="radio"/> bike <input type="radio"/> rollerblade <input type="radio"/> run <input type="radio"/> other _____ <input type="radio"/> Ref (next job) <input type="radio"/> DK (next job)

2. HOUSEHOLD ACTIVITIES

Now I am going to ask you to tell me about your patterns of household and gardening activities over your lifetime. Again, we will start with your past activity and then continue up to your reference year. Please include only those activities that you have done at least **7 hours per week 4 months** of the year (**112 hours total per year or 2.15 hours per week per year**).

It may help you to consider what a typical day or week was for you. Then think about how many hours of household, gardening, yard work or do-it-yourself jobs around your home that you did in a typical day or week. For seasonal activities, such as gardening, you can report those separately from all other household activities that are done all year. Seated activities (such as sewing or paying bills) are not included. **Childcare and housework** are included.

LIFETIME RECORD OF HOUSEHOLD ACTIVITIES

No. of Rows ____

No.	Age Started	Age Ended	Number of Months/Yr.	Number of Days/Wk.	Time per day Hrs. Mins		Hours per day spent in activities that were in category:		
							2	3	4
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

No.	Age Started	Age Ended	Number of Months/Yr.	Number of Days/Wk.	Time per day Hrs. Mins		Hours per day spent in activities that were in category:		
							2	3	4
13									
14									
15									
16									
17									
18									
19									
20									
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27									
28									
29									

3. EXERCISE & SPORTS ACTIVITIES

Now I would like to know all your exercise or sports activities that you did during your lifetime starting with your childhood and continuing to your reference year. Please report the activities that you have done at least **2 hours per week for 4 months** of the year (**32 hours** total per year or **40 minutes** per week per year).

Please tell us what exercise and sports activities you have done at least **10 times during your lifetime**. Besides sports and exercise, we are also interested in knowing whether you **walked, biked, ran or rollerbladed to school**. If you have done this, please report all the information as for the other sports activities. Please begin by telling me the activities that you did during your school years including your physical education (**gym**) classes.

LIFETIME RECORD OF EXERCISE & SPORTS ACTIVITIES

No. of Rows ____

No.	Description of Exercise/Sports Activity	Code	Age Started	Age Ended	Frequency of Activity				Time per Activity		Intensity of Activity (2,3,4)
					Day	Week	Month	Year	Hrs.	Mins.	
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											

No.	Description of Exercise/Sports Activity	Code	Age Started	Age Ended	Frequency of Activity				Time per Activity		Intensity of Activity (2,3,4)
					Day	Week	Month	Year	Hrs.	Mins.	
14											
15											
16											
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