

LIFE EVENTS CALENDAR

Thank you for your participation in this study!



During the interview we will be asking you questions about the jobs that you have held and recreational activities and sports that you have played ***throughout your lifetime***. We will also be asking you some questions about your personal health history. To help you tell us about yourself, we have provided the following Life Events Calendar where you can fill in information about your life. Completing this Life Events Calendar ***before the interview*** will make the interview go ***much faster***. The calendar is for your use only and you ***do not*** have to complete it to participate in the study.

During another part of the interview, we will be asking you questions about any medications, vitamins, or herbs you have regularly taken over the past year. It will be helpful if you could have your medications available at the time of the interview for the interviewer to look at. Your medication use does not need to be recorded on the Life Events Calendar.



If you have any questions, please do not hesitate to contact:

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Please record **your age** for the following significant events, *if applicable*:

Life Events

- Marriage(s)
- Divorce(s)
- Births of children
- Moves to different homes, or towns

Reproductive and Medical History

- First menstrual period
- All pregnancies (includes live births, miscarriages, abortions, stillborns)
- Breast feeding, how long
- Diagnoses of health condition(s)
- Oral contraceptives & IUD: age started & ended, for each episode
- Menopause
- Hormone replacement therapy: age started & ended, for each episode

Education, Job and Volunteer History

- All the **education** you have attained
- All **volunteer** jobs you have held in your life
- All **employment** positions you have held in your life

Physical Activity

- All sports or exercises that you have done **at least 10 times** in your life
- Includes **walking/biking** to work or school and **major household / do-it-yourself projects** (e.g., home renovations and landscaping)

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Age or Year	City or Town you lived in	Life Events •date & place of birth •marriage(s) •divorce(s) •births	Age or Year	Reproductive & Medical History •first menstrual period •pregnancies and their outcome •breastfeeding •oral contraceptive and IUD use •age at menopause •hormone replacement therapy •health conditions	Age or Year	Education, Volunteer & Job History •all the education you have attained •all volunteer jobs you have held •all employment positions you have held	Age or Year	Physical Activity History •sports •exercise •walk to work / school • only include activities you have done at least 10 times in your life
1945	Camrose	Born	12	First period	6-12	Elementary school	6-15	Bike or walk to school
1957	Calgary	Moved to Calgary	18-21	Birth control pill	12-15	Junior high school	6-12	Soccer at recess & lunch
1965	Calgary	Got married	20	Miscarriage	15-18	Senior high school	12-15	Volleyball
1968	Calgary	Son born	22	Miscarriage	15-18	Cashier part-time	15-18	Volleyball & basketball
1970	Calgary	Daughter born	23	Had son; nursed 5 months	18-22	University degree	18-25	Running
1999	Calgary	Grandchild born	25	Had daughter; nursed 6 months	18-22	Tutor part-time	18-20	Aerobics
			26-36	Birth control pill again	18-22	Cashier part-time	23-24	Tennis
			49	Started menopause Last period	22-55	Nursing career	25-present	Yoga
			50-present	Menopausal hormone replacement therapy	45-present	Volunteer at bingo	50-present	Gardening
			56	Diagnosed with Diabetes			56-present	Golf
							56-present	Walking



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