SDC Figure: Physical Activity Questionnaire, Women's Health Study

Physical Activity Questionnaire

What is your usual walking pace outdoors?

Don't walk regularly	Easy, casual (<2 mph)	Normal, average (2 to 2.9 mph)	Brisk pace (3 to 3.9 mph)	Very brisk, striding (4 mph or faster)

On average, how many <u>flights</u> of stairs (not individual steps) do you climb <u>daily</u>?

None None	1-2 flights	3-4 flights	5-9 flights	□ 10-14 flights	15 or more flights
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<u>During the past year</u>, what was your approximate <u>time per week</u> spent at each of the following recreational activities?

	TIME PER WEEK							
	Zero	1-19 min.	20-59 min.	One hour	1.5 hours	2-3 hours	4-6 hours	7+ hours
Walking or hiking (including walking to work)								
Jogging (slower than 10 minute mile								
Running (10 minute miles or faster)								
Bicycling (include stationary bike)								
Aerobic exercise / aerobic dance / exercise machines								
Lower intensity exercise / yoga / stretching / toning								
Tennis, squash, racquetball								
Lap swimming								
Weight lifting / strength training								
Other: Please specify activity:								