"The purpose of this interview is to obtain information on your physical activity levels during the past year, including sports and leisure activities along with activity around the home and community.

A. SPORTS and LEISURE (Baecke)

"First, I will ask you about physical activities that you do for exercise, sports, or recreation. For this, I'd like you to think about activities that you do for health benefit during free periods of the day. I will ask you about activities that you do around the home and community later during the interview."

1. Do you exercise or play sports? Yes ☐ No ☐ ☐  ➔ GO TO ITEM 18

2. Which sport or exercise do you do most frequently? ☐

[Do not show list. If activity is coded, enter code and go to Item 3. If not coded, enter 499 and specify activity.]

a. Specify activity .................................................................

3. How many hours a week do you do this activity?........................................................... ☐

Less than 1 ......................... A
At least 1 but not quite 2 ............ B
At least 2 but not quite 3 .......... C
At least 3 but not quite 4 ......... D
4 or more ............................ E

4. How many months a year do you do this activity? ........................................................... ☐

Less than 1 ......................... A
At least 1 but not quite 4 ............ B
At least 4 but not quite 7 .......... C
At least 7 but not quite 10 ......... D
10 or more ............................ E

5. Do you do other exercises or play other sports?

Yes ☐ No ☐ ☐ ➔ GO TO ITEM 18
6. What is your second most frequent sport or exercise?  

[Do not show list. If activity is coded, enter code and go to Item 7. If not coded, enter 499 and specify activity.]

   a. Specify activity  

7. How many hours a week do you do this activity?  

   Less than 1  ................................ A  
   At least 1 but not quite 2  .............. B  
   At least 2 but not quite 3  .............. C  
   At least 3 but not quite 4  .............. D  
   4 or more  .................................... E  

8. How many months a year do you do this activity?  

   Less than 1  ................................ A  
   At least 1 but not quite 4  .............. B  
   At least 4 but not quite 7  .............. C  
   At least 7 but not quite 10  ............. D  
   10 or more  .................................. E  

9. Do you do other exercises or play other sports?  

   Yes  ☐  No  ☐  Go to Item 18  

10. What is your third most frequent sport or exercise?  

[Do not show list. If activity is coded, enter code and go to Item 11. If not coded, enter 499 and specify activity.]

   a. Specify activity  

11. How many hours a week do you do this activity?  

   Less than 1  ................................ A  
   At least 1 but not quite 2  .............. B  
   At least 2 but not quite 3  .............. C  
   At least 3 but not quite 4  .............. D  
   4 or more  .................................... E  

12. How many months a year do you do this activity?  

   Less than 1  ................................ A  
   At least 1 but not quite 4  .............. B  
   At least 4 but not quite 7  .............. C  
   At least 7 but not quite 10  ............. D  
   10 or more  .................................. E  

13. Do you do other exercises or play other sports?  

   Yes  ☐  No  ☐  Go to Item 18  

14. What is your fourth most frequent sport or exercise?  

[Do not show list. If activity is coded, enter code and go to Item 15. If not coded, enter 499 and specify activity.]

   a. Specify activity  

   18
15. How many hours a week do you do this activity?
   Less than 1 ...................................... A
   At least 1 but not quite 2 .............. B
   At least 2 but not quite 3 .............. C
   At least 3 but not quite 4 .............. D
   4 or more ........................................ E

16. How many months a year do you do this activity?
   Less than 1 ...................................... A
   At least 1 but not quite 4 .............. B
   At least 4 but not quite 7 .............. C
   At least 7 but not quite 10 ............ D
   10 or more ...................................... E

17. Do you do other exercises or play other sports?
   Yes  Y  No  N

"Now, I'd like to ask you a few additional questions about activities that you may do during free periods of the day".

18. During leisure time, would you say you play sports or exercise?
   Never ............................................ A
   Seldom ......................................... B
   Sometimes .................................... C
   Often .......................................... D
   Very often .................................... E

19. In comparison with others of your own age do you think your physical activity during leisure time is
   Much less .................................... A
   Less ............................................. B
   The same ...................................... C
   More ............................................ D
   Much more .................................... E

[Skip item 20 if this is an Abbreviated Clinic or Home visit; 0c=A]

20. During leisure time, do you sweat
   Never ............................................ A
   Seldom ........................................... B
   Sometimes .................................... C
   Often .......................................... D
   Very often .................................... E

21. During leisure time, do you watch television
   Never ............................................ A
   Seldom ........................................... B
   Sometimes .................................... C
   Often .......................................... D
   Very often .................................... E
22. During leisure time, do you walk .................................................................
   Never ............................................... A
   Seldom ............................................ B
   Sometimes....................................... C
   Often ................................................ D
   Very often ........................................ E

23. During leisure time, do you bicycle.............................................................
   Never ............................................... A
   Seldom ............................................ B
   Sometimes....................................... C
   Often ................................................ D
   Very often ........................................ E

B. HOUSEHOLD AND TRANSPORTATION

"Finally, I'd like to ask you a few questions about your activity around the home and community."

24. Do you do the light household work? (dusting, washing dishes, repairing clothes, etc.)?.....
   Never (<once a month) ....................................................... A
   Sometimes (only when partner or help is not available) ..... B
   Mostly (sometimes assisted by partner or help) .............. C
   Always (alone or together with partner) ......................... D

25. Do you do the heavy housework? (washing floors and windows, carrying trash disposal bags, etc.)? .................................................................
   Never (<once a month) ....................................................... A
   Sometimes (only when partner or help is not available) ..... B
   Mostly (sometimes assisted by partner or help) .............. C
   Always (alone or together with partner) ......................... D

[Skip items 26 - 28 if you answered “never” in items 24 and 25.]

26. Including yourself, for how many persons do you keep house? ........................... 

27. How many rooms do you keep clean, including kitchen, bedroom, garage, cellar, bathroom etc.? .................................................................
   Never do housekeeping .......................... A
   1-6 rooms........................................... B
   7-9 rooms.......................................... C
   10 or more rooms............................... D

28. If any rooms, on how many floors? ............................................................... 

29. Do you prepare warm meals yourself, or do you assist in preparing? ........................
   Never ............................................... A
   Sometimes (once or twice a week)... B
   Mostly (3-5 times a week) .............. C
   Always (more than 5 times a week).. D

30. How many flights of stairs do you walk up per day? (One flight of stairs is 10 steps)...
   never walk stairs .............................. A
31. If you go somewhere in your hometown, what kind of transportation do you use?
   I never go out ................................... A
   Car................................................... B
   Public transportation ..................... C
   Bicycle ......................................... D
   Walking ........................................ E

32. How often do you go out for shopping?.................................................................
   Never or less than once a week ...... A
   Once a week ................................. B
   Twice to four times a week........... C
   Every day......................................... D

33. If you go out for shopping, what kind of transportation do you use?..................
   I never go out ................................. A
   Car.................................................. B
   Public transportation ................. C
   Bicycle ........................................ D
   Walking ....................................... E

34. How many minutes do you walk and/or bicycle per day to and from work
   or shopping? (If seasonal, give average over the past year) .............................
   Less than 5 ................................. A
   At least 5 but not quite 15 ............ B
   At least 15 but not quite 30 ......... C
   At least 30 but not quite 45 ......... D
   45 or more ................................. E
INSTRUCTIONS FOR THE PHYSICAL ACTIVITY (PAC) FORM

I. General Instructions

The Physical Activity (PAC) Form is completed during the interview portion of the participant clinic visit. The interviewer must be certified and should be familiar with the Physical Activity Form and these instructions. Items on the form enclosed in brackets are instructions to the interviewer, and are not stated verbally during the interview. Skip rules are enclosed in boxes.

Greet the participant cordially and by name; this also serves to confirm that the form corresponds to the participant. Explain that the purpose of this interview is to obtain information on physical activity in the past year, including sports and leisure activities along with activity around the home and community.

The PAC form is completed in full at a regular ARIC-NCS exam visit, but only one section of the PAC is administered if the clinic exam visit is an abbreviated exam, or if it takes place at the participants’ home. To facilitate the administration of the PAC in these settings the interviewer completes an initial trigger question on the form to identify the setting of this interview, as shown below. Sections that are not applicable for the abbreviated clinic or home visits will be skipped automatically.

Type of Visit:
F=Full Clinic → Complete full questionnaire
A=Abbreviated Clinic or Home → Skip to question 19 (Leisure questions)

II. Detailed Instructions for Each Item

A. SPORTS and LEISURE (Baecke)

Opening Script: “The purpose of this interview is to obtain information on your physical activity levels during the past year, including sports and leisure activities along with activity around the home and community.”

General Instructions for the Sports section: Note the sequencing of these questions. If a participant reports not playing sports or exercising (question 1), skip to question 18. If the response is positive, then the participant is asked to report the major activities (up to four, in order of frequency) they engage in and to indicate the hours per week and months per year they do this activity.

A code list is provided for the interviewer, listing many physical activities and a corresponding three digit code. This list is not to be shown to the participant, because we do not want to prompt recall of activities. The three digit code corresponding with a given activity is entered in the appropriate box for questions 2, 6, 10 and 14.

Some codes, such as swimming, require additional probing to determine speed – this must be done during the interview so that accurate data is collected. Please do not create new codes for activities not on this list. These activities will be assigned codes at the Coordinating Center. Here are examples of activities that may need to be prompted:

- Basketball: game or non-game
- Bicycling: <10 mph or >10 mph
- Dancing: clarify what type?
- Dancing, aerobic: low to moderate or high intensity
- Fishing: from bank/boat or in stream
– Football: game or non-game
– Frisbee: competition/games or non-game
– Golf: using cart or walking/carrying clubs
– Hiking: mountains, flat trail, or other
– Jogging: ask if <6 or >6 mph (also a running category)
– Mowing: riding mower/walk behind push mower or pushing hand mower
– Sailing: calm waters or rough waters
– Skiing: cross country or downhill
– Swimming: breast stroke, butterfly, crawl, etc.
– Walking: briskly, during work break, pleasure, or to/from work

If an activity does not fit into one of the categories on the list, code the box 499 and specify the activity in the space provided. Interviewers should be thoroughly familiar with the code list so that code 499 is used sparingly.

If the hours reported for a given activity seem excessive (questions 3, 7, 11, 15), repeat the number of hours to the participant to be certain. If the hours per week still seem excessive, attempt to determine the hours of the activity.

The follow-up question “How many months a year do you do this activity?” (questions 4, 8, 12, 16) may be confusing if the participant only recently began performing the activity. In this case, the interviewer should only record what they have done in the past year.

Script for Sports and Leisure (Baecke) Section (Questions 1-17):

"First, I will ask you about physical activities that you do for exercise, sports, or recreation. For this, I'd like you to think about activities that you do around the home and community later during the interview."

Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Questions 1-17):

1. If the respondent answers "No" go to question 18.

2. The activities reported in this question, as well as questions 6, 10 and 14, must be coded during the interview to ensure good quality data collection. Do not show the physical activity code list. There is no pop-up window for the physical activity code list.

   Look at the physical activity code list; if the activity is one of those marked with a bracket ("{"), probe for the additional information needed to accurately classify the activity. For example, if the respondent answers “bicycling”, the interviewer should probe for the speed at which the respondent usually bikes. If they “swim”, please probe for the stroke they do most often.

   The activities begin with the most frequently performed activity, to make sure that the top four activities are provided. If, while doing the interview, you realize the participant reports activities out of order based on the past year (i.e., a second most common and then a most common), this does not need to be corrected. Please just make sure the top four activities in the past year are reported. We are not collecting sexual activity for these questions.

3. Show the response card (Less than one to 4 or more) to the respondent.

4. Show the response card (Less than one to 10 or more) to the respondent.

5. If the respondent answers "No" go to question 18.
6. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{”).

7. Show the response card (Less than one to 4 or more) to the respondent.

8. Show the response card (Less than one to 10 or more) to the respondent.

9. If the respondent answers “No” go to question 18.

10. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{”).

11. Show the response card (Less than one to 4 or more) to the respondent.

12. Show the response card (Less than one to 10 or more) to the respondent.

13. If the respondent answers “No” go to question 18.

14. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{”).

15. Show the response card (Less than one to 4 or more) to the respondent.

16. Show the response card (Less than one to 10 or more) to the respondent.

17. Indicate if the participant does more than four sports or exercises.

For item #18-23, leisure time is defined as time away from work.

**Script for Leisure Questions (Questions 18-23):** "Now, I’d like to ask you a few additional questions about activities that you may do during free periods of the day”.

**Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Q18-Q23):**

18. Read question aloud. Then, read aloud the response options (Never to Always), while showing the response card to the respondent. This question is skipped if it is an abbreviated clinic or home visit.

19. Read question aloud. Then, read aloud the response options (Much less to Much more), while showing the response card to the respondent.

20. Read question aloud. Then, read aloud the response options (Never to Very often), while showing the response card to the respondent. This question asks about sweating at leisure as a result of activity, not climate or temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweating due to activity beyond ambient conditions. This question is skipped if it is an abbreviated clinic or home visit.

21. Read question aloud. Then, read aloud the response options (Never to Very often), while showing the response card to the respondent.

22. Read question aloud. Then, read aloud the response options (Never to Very often), while showing the response card to the respondent. This question is aimed at non-exercise walking (i.e., occurring in bout durations of <10 consecutive minutes) during discretionary periods of the day. If a participant reports walking, prompt them for additional information by asking: *how long do you walk each time.* If ≥ 10 minutes, it will be included in the sports index and coded as 412 (walking briskly) or 418 (walking for pleasure), depending on the nature of the reported walking behavior. If <10 minutes, this information will be included in the leisure index.

23. Read question aloud. Then, read aloud the response options (Never to Very often), while showing the response card to the respondent.
Whenever three-digit numerical code responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes.

**ACTIVITIES LIST**

001 Archery
002 Aqua (water) Aerobics, swimnastics
003 Aerobic Exercise (this does not include aerobic dance #82 or #85)
004 Backpacking
007 Badminton
010 Baseball
013 Basketball, Game
016 Basketball, Non-Game
019 Biathlon
022 Bicycle Racing
  Bicycle on Rollers (refer to #350 stationary bike)
025 Bicycling < 10 mph (this does not include stationary bicycling or Exercycle, #350)
028 Bicycling ≥ 10 mph (this does not include stationary bicycling or Exercycle, #350)
031 Billiards
037 Bobsledding
040 Body Building
043 Bowling
046 Boxing
049 Broomball
052 Calisthenics (e.g., pushups, sit-ups)
055 Canoeing < 2.6 mph
058 Canoeing in Competition
060 Carpentry/Woodworking (excludes paid job)
061 Car Racing
067 Crew
070 Cricket
073 Croquet
076 Crossbowing
079 Curling
082 Dancing, Aerobic (low to moderate intensity); include Jazzercise
085 Dancing, Aerobic (high intensity)
088 Dancing, Ballet
091 Dancing, Jazz, Modern
094 Dancing, Ballroom and/or Square
  Dancing, Folk (refer to #94 dancing, ballroom and/or square)
097 Darts
100 Diving
  Elliptical (refer to #498 health club class or exercise)
109 Equestrian Events
112 Fencing
115 Field Hockey
118 Figure Skating
121 Fishing from Bank or Boat
124 Fishing in Stream with Wading Boots
125 Floor Exercise (bending, stretching, etc., low intensity)
127 Football, Game
130 Football, Non-Game
133 Frisbee - Competition/Games
<p>| 136 | Frisbee - Recreational |
| 139 | Gardening/Yard Work |
| 142 | Golf - using cart |
| 145 | Golf - walking and carrying clubs |
| 146 | Gutbuster/stomach exercises |
| 148 | Gymnastics (beam, high bar, horse, parallel and uneven bars, rings) |
| 151 | Gymnastics (floor exercise, vault) |
| 154 | Hackey Sack |
| 157 | Handball |
| 160 | Hang Gliding |
|   | Health Club Class or Exercise (refer to #498) |
| 163 | Hiking |
| 166 | Hiking in the Mountains |
| 169 | Hiking on Flat Trail |
| 172 | Hockey |
| 175 | Horseback Riding |
| 178 | Horseshoes/Quoits |
| 181 | Hunting |
| 184 | Hurling |
| 187 | Ice Sailing |
| 190 | Ice Skating |
| 193 | Jacket Wrestling |
| 196 | Jai-Alai |
|   | Jazzercise (refer to #82 aerobic dance) |
| 199 | Jogging &lt; 6 mph |
| 202 | Jogging ≥ 6 mph |
| 205 | Judo |
| 208 | Juggling |
| 211 | Ju Jitsu |
| 214 | Jumping Rope |
| 217 | Karate |
| 220 | Kayaking |
| 223 | Kick Boxing |
| 226 | Lacrosse |
| 229 | Lawn Bowling |
| 232 | Luge |
| 235 | Mini-trampoline |
| 238 | Motorcross |
| 241 | Mountain Climbing, Rock Climbing |
| 244 | Mowing Lawn with Riding Mower or Walking Behind Power Mower |
| 247 | Mowing Lawn Pushing Hand Mower |
| 249 | Nautilus Machine (exercise with weight machine) |
| 250 | Orienteering |
| 253 | Paddleball |
| 255 | Pilates |
| 259 | Polo |
| 262 | Power Lifting |
| 265 | Race Walking |
| 268 | Racquetball |
|   | Rock Climbing (refer to #241 mountain climbing or rock climbing) |
| 271 | Roller Skating |
| 274 | Rowing (includes rowing machine) |
| 277 | Rugby |
| 280 | Running ≥ 6 mph |
| 283 | Running, Cross-Country |
| 286 | Sailing, calm waters |</p>
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<thead>
<tr>
<th>Code</th>
<th>Activity</th>
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<td>292</td>
<td>Scuba Diving</td>
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<td>295</td>
<td>Sculling &lt; 95 meters/minute</td>
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<td>298</td>
<td>Sculling ≥ 95 meters/minute</td>
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<td>Shoveling</td>
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<td>313</td>
<td>Ski Jumping</td>
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<td>316</td>
<td>Skiing, Cross-Country (includes machine)</td>
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<td>319</td>
<td>Skiing, Downhill</td>
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<td>Sledding or Tobogganing</td>
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<td>Snorkeling</td>
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<td>Snow Blowing/Shoveling</td>
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<td>343</td>
<td>Speed Skating</td>
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<td>346</td>
<td>Spinning or Bicycling Class, such as in a health club (refer to #350 stationary bike)</td>
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<td>349</td>
<td>Squash</td>
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<td>Stair Climbing (includes Stairmaster equipment)</td>
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<td>Surfing, Board</td>
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<td>355</td>
<td>Swim Recreational, including gentle swimming or treading water</td>
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<td>356</td>
<td>Swimming with Implements, including flippers, kickboards, handboards, hand paddles, buoys</td>
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<td>358</td>
<td>Swimming, Backstroke ≤ 35 yards/minute</td>
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<td>361</td>
<td>Swimming, Backstroke &gt; 35 yards/minute</td>
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<td>364</td>
<td>Swimming, Breaststroke ≤ 40 yards/minute</td>
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<td>367</td>
<td>Swimming, Breaststroke &gt; 40 yards/minute</td>
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<td>370</td>
<td>Swimming, Butterfly</td>
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<td>Swimming, Crawl or Freestyle</td>
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<td>Swimming, Backstroke or Elementary Backstroke</td>
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<td>Swimming, Sidestroke ≥ 40 yards/minute</td>
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<td>Walking during Work Break</td>
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<td>Walking for Pleasure</td>
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<td>421</td>
<td>Walking to and from Work</td>
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<td>Walking, Race Walking (refer to #265 race walking)</td>
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<td></td>
<td>Walking on Treadmill (refer to #404 treadmill walking)</td>
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<td>Water Aerobics (refer to #2 water aerobics)</td>
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<tr>
<td>423</td>
<td>Water Walking or Jogging</td>
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</table>
424 Water Polo
427 Water Skiing
   Water Zumba (refer to #2 water aerobics)
430 Weight Lifting
433 Whitewater Rafting
434 Wii (or other electronic game with activity)
436 Windsurfing
437 Woodcutting (splitting or chopping wood)
439 Wrestling
442 Wrist Wrestling
448 Yachting
   Yard Work (refer to #139 gardening)
451 Yoga
   Zumba (refer to #82 aerobic dance low to moderate intensity or #85 vigorous intensity)
498 Health Club Class or Exercise, not otherwise specified
499 Unspecified

B. Activities related to household and transportation

*Script for Household and Transportation Questions (Questions 24-33). “Finally, I’d like to ask you a few questions about your activity around the home and community.”*

24-25. Read each question aloud, including the specific activity type cues that pertain to each question. Then, read aloud the response options (Never to Always), including the descriptive prompts related to frequency of the activity that are provided for each response option.

Using #24 as an example, “Do you do the light household work, for example dusting, washing dishes, or repairing clothes? Would you say you do this “Never, or <1 time per month”, “Sometimes or only when a partner or help is not available”, “Mostly - sometimes assisted by partner or help”, OR “Always - alone or together with help”.”

26-28. If the answer to questions 24 AND 25 are “never”, skip Questions 26-28. The participant should be asked Questions 26-28 if s/he provided a response option to either Question 24 OR 25.

   Item 26: Read the question aloud and record the response. Please record two digits for each response. For example, if the participant indicated 2, record as 02.

   Item 27: Read the question aloud and each of the response options. Record the response option that reflects the number of rooms the participant reported cleaning. *If the participant responds “never do housekeeping” to Item 27, but provided a response other than “never (<once a month)” to items 24 or 25, work with participants to resolve the possibility of conflicting information. If the participant responds “never do housekeeping” to Item 27, enter ‘0’ in question 28.*

   Item 28: Read the question aloud and record the response. Please record two digits for each response. For example, if the participant indicated 2, record as 02. *If the participant responds “never do housekeeping” to Item 27, enter ‘0’ in question 28.*

29-34. Read each question aloud, including the recall ques provided (i.e., Question #30). For each question, read aloud the response options, showing appropriate response card, and record the response.
Q 3, 7, 11, & 15
Less than 1
At least 1 but not quite 2
At least 2 but not quite 3
At least 3 but not quite 4
4 or more
Q 4, 8, 12, & 16
Less than 1
At least 1 but not quite 4
At least 4 but not quite 7
At least 7 but not quite 10
10 or more
Q 18, 20, 21, 22, & 23
Never
Seldom
Sometimes
Often
Very often
Much less
Less
The same
More
Much more
Q 24, 25
Never (less than once a month)

Sometimes (only when partner or help is not available)

Mostly (sometimes assisted by partner or help)

Always (alone or together with partner)
Q 27
Never do housekeeping

1-6 rooms

7-9 rooms

10 or more rooms
Q29
Never

Sometimes (1-2 times per week)

Mostly (3-5 times per week)

Always (more than 5 times per week)
Q 30
I never walk stairs

1-5

6-10

More than 10
Q 31, 33
I never go out

Car

Public transportation

Bicycle

Walking
Never or less than once a week

Once a week

Twice to four times a week

Every day
Q34
Less than 5

At least 5 but not quite 15

At least 15 but not quite 30

At least 30 but not quite 45

45 or more