

PPL Physical Activity Form

ID NUMBER:

CONTACT YEAR:

FORM CODE:

VERSION: A 10-08-90

LAST NAME:

INITIALS:

Public reporting burden for this collection of information is estimated to average 5 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of this collection of information including suggestions for reducing this burden to Reports Clearance Officer, PHS, 721-H Hubert Humphrey Bldg., 200 Independence Ave. SW, Washington, D.C. 20201, Attn. PRA; and to the Office of Management and Budget, Paperwork Reduction Project (OMB 0925-0281), Washington, D.C. 20503.

INSTRUCTIONS:

This form should be completed during the participant's visit. ID Number, Contact Year, and Name must be entered above. Whenever numerical 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. If a number is entered incorrectly, mark through the incorrect entry with an "X". Code the correct entry clearly above the incorrect entry. For "multiple choice" and "yes/no" type questions, circle the letter corresponding to the most appropriate response. If a letter is circled incorrectly, mark through it with an "X" and circle the correct response.

PHYSICAL ACTIVITY FORM (PLAA screen 1 of 9)

A. WORK ACTIVITY

"Now I'm going to ask you some questions about your physical activity. We are interested in your physical activity during the past year. I'll begin by asking about your occupation and activity level at work."

1a. What is your current or most recent occupation? [IF MORE THAN ONE JOB, RECORD OCCUPATION FOR JOB WITH MOST HOURS WORKED PER WEEK.]

b. Code:

PHYSICAL ACTIVITY FORM (PLAA screen 4 of 9)

Which sport or exercise do you do most frequently:.....

[Do not show card]

If the activity is coded enter code and go to item 11, if not coded enter 499 and specify the activity below.

a.

11. How many hours a week do you do this activity?... [rc 5]

- 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?... [rc 6]

- 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 Y

NO N

Go to Item 18
Screen 6

PHYSICAL ACTIVITY FORM (PLAA screen 5 of 9)

14. What is your second most frequent sport or exercise:.....

[Do not show card]

If the activity is coded enter code and go to item 15, if not coded enter 499 and specify the activity below.

a.

15. How many hours a week do you do this activity?... [rc 5]

- 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?... [rc 6]

- 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

PHYSICAL ACTIVITY FORM (PLAA screen 6 of 9)

18. LEISURE TIME				
18. During leisure time would you say you play sports or exercise:.....	Never	N		
[rc 2]	SeLdom	L		
	SoMetimes	M		
	Oftentimes	O		
	Very Often	V		
			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

PHYSICAL ACTIVITY FORM (PLAA screen 7 of 9)

20. During leisure time do you sweat:.....	Never	N	22. During leisure time do you walk:.....	Never	N
[rc 2]	SeLdom	L	[rc 2]	SeLdom	L
	SoMetimes	M		SoMetimes	M
	Oftentimes	O		Oftentimes	O
	Very Often	V		Very Often	V
21. During leisure time do you watch television:.....	Never	N			
[rc 2]	SeLdom	L			
	SoMetimes	M			
	Oftentimes	O			
	Very Often	V			

PHYSICAL ACTIVITY FORM (PLAA screen 8 of 9)

23. During leisure time do you bicycle.....Never N
 [rc 2] SeLdom L
 SoMetimes M
 Often O
 Very Often V

D. OTHER ACTIVITIES

24. 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]
 [rc 8]

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

PHYSICAL ACTIVITY FORM (PLAA screen 9 of 9)

25. Have you done any heavy physical activity within the last 12 hours?.....YES Y
 NO N

Go to Item 26

a. How long ago did you complete it?
 [] [] hours, [] [] minutes

b. How many flights of stairs do you climb up each day?...
 [One flight equals 10 steps]
 [] [] flights per day

E. ADMINISTRATIVE INFORMATION

27. Date of data collection:..... [] [] / [] [] / [] []
 month / day / year

28. Method of data collection:.....Computer C
 Paper form P

29. Code number of person completing this form:..... [] [] []