

In the past seven days,  
how many hours did you  
watch television or videos,  
including VHS, DVDs or  
music videos? (q1)



In the past seven days,  
how many times did you  
bicycle, skateboard, dance,  
hike, hunt, or do yard work? (q2)



In the past seven days,  
how many times did you  
roller blade, roller skate,  
downhill ski, snowboard,  
play racquet sports, or  
do aerobics? (q3)



In the past seven days,  
how many times did you  
participate in strenuous team  
sports such as football,  
soccer, basketball, lacrosse,  
rugby, field hockey, or ice hockey? (q4)



In the past seven days,  
how many times did you  
participate in individual  
sports such as running,  
wrestling, swimming, cross-country  
skiing, cycle racing, or martial arts? (q5)



In the past seven days,  
how many times did you  
participate in gymnastics,  
weight lifting, yoga, or  
strength training? (q6)



In the past seven days,  
how many times did you  
play golf, go fishing or  
bowling, or play softball  
or baseball? (q7)



In the past seven days,  
how many times did you  
walk for exercise? (q8)



In the past seven days,  
how many hours did you  
spend playing video games,  
computer games, or games  
on a mobile device? (q9)



In the past month, about  
how many hours did you  
spend on volunteer or  
community service work? (q10)



How often have you attended  
church, synagogue, temple,  
mosque, or other religious/spiritual  
services in the past month? (q11)



Many churches, synagogues,  
and other places of worship  
have special activities outside  
of regular worship services--such  
as classes, retreats, small groups,  
or choir. In the past month,  
how often have you taken  
part in such activities? (q12)



End