

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)