

65. Physical activities (check the box that is most appropriate)

During the past year, what was your average time per week spent at each of the following recreational activities?	Time per week									
	Zero	1-4 min	5-19 min	20-59 min	One hour	1-1.5 hours	2-3 hours	4-6 hours	7-10 hours	11+ hours
Walking for exercise or walking to work										
Jogging (slower than 10 minutes/2 kms)										
Running (10 minutes/2 km or faster)										
Bicycling (including stationary machine)										
Tennis, squash, racquetball										
Lap swimming										
Other aerobic exercise (aerobic dance, ski or stair machine, etc)										
Lower intensity exercise (yoga, stretching, toning)										
Other vigorous activities (e.g., lawn moving)										

H. Clinical Examination at Initial Presentation:



66. Palpable lump in the breast ☐ Nil ☐ Definite ☐ Vague ☐ Diffuse
- a. Location of breast lump ☐ Right ☐ Left ☐ Both ☐ Duration: _____
- ☐ UOQ ☐ UIQ ☐ LIQ ☐ LOQ ☐ CQ Position: ____ o'clock
- b. Size in cm: ☐ <2cm ☐ 2-5 cm ☐ >5cm
- c. Number: ☐ Single ☐ Multiple
- d. Consistency: ☐ Soft ☐ Firm ☐ Hard ☐ Cystic
- e. Fixity to: ☐ Skin ☐ Chest wall ☐ Pect major muscle ☐ No fixation
67. Mastitis ☐ Right ☐ Left ☐ Both ☐ Not present
- ☐ Diffuse ☐ Sectoral ☐ UOQ ☐ UIQ ☐ LIQ ☐ LOQ ☐ CQ Position: ____ o'clock
68. Tenderness in breast: ☐ Right ☐ Left ☐ Both ☐ Not present
69. Nipple retraction: ☐ Right ☐ Left ☐ Both ☐ Not present
70. Nipple discharge: ☐ Right ☐ Left ☐ Both ☐ Not present
- Type of discharge ☐ Serous ☐ Milky ☐ Brown ☐ Bloody
71. Skin changes: ☐ Right ☐ Left ☐ Both ☐ Not present
- Type of change: ☐ Dimpling ☐ Ulceration ☐ Discolouration ☐ Eczema
- ☐ Edema ☐ Redness ☐ Peau d'orange
72. Palpable axillary nodes: ☐ Right ☐ Left ☐ Both ☐ Not palpable
- a. Number of nodes: _____ b. Size: _____
- c. Fixity: ☐ Yes ☐ No