

SUBJECT ID

VISIT NO

HOUSEHOLD ACTIVITY

7. During the past 7 days, have you done any light housework, such as dusting or washing dishes?

[1.] NO [2.] YES

8. During the past 7 days, have you done any heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood?

[1.] NO [2.] YES

9. During the past 7 days, did you engage in any of the following activities?

Please answer YES or NO for each item.

	<u>NO</u>	<u>YES</u>
a. Home repairs like painting, wallpapering, electrical work, etc.	1	2
b. Lawn work or yard care, including snow or leaf removal, wood chopping, etc.	1	2
c. Outdoor gardening	1	2
d. Caring for an other person, such as children, dependent spouse, or an other adult	1	2

SUBJECT ID

VISIT NO

WORK-RELATED ACTIVITY

10. During the past 7 days, did you work for pay or as a volunteer?

[1.] NO [2.] YES

10a. How many hours per week did you work for pay and/or as a volunteer?

_____ HOURS

10b. Which of the following categories best describes the amount of physical activity required on your job and/or volunteer work?

- [1] Mainly sitting with slight arm movements.
[**Examples:** office worker, watchmaker, seated assembly line worker, bus driver, etc.]
- [2] Sitting or standing with some walking.
[**Examples:** cashier, general office worker, light tool and machinery worker.]
- [3] Walking, with some handling of materials generally weighing less than 50 pounds.
[**Examples:** mailman, waiter/waitress, construction worker, heavy tool and machinery worker.]
- [4] Walking and heavy manual work often requiring handling of materials weighing over 50 pounds.
[**Examples:** lumberjack, stone mason, farm or general laborer.]