

SUBJECT ID

VISIT NO

LEISURE TIME ACTIVITY

1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

[0.] NEVER



GO TO Q.#2

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



1a. What were these activities?

1b. On average, how many hours per day did you engage in these sitting activities?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS

2. Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog, etc.?

[0.] NEVER



GO TO Q.#3

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



2a. On average, how many hours per day did you spend walking?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS

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3. Over the past 7 days, how often did you engage in light sport or recreational activities such as bowling, golf with a cart, shuffleboard, fishing from a boat or pier or other similar activities?

[0.] NEVER



GO TO Q.#4

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



3a. What were these activities?

3b. On average, how many hours per day did you engage in these light sport or recreational activities?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS

4. Over the past 7 days, how often did you engage in moderate sport and recreational activities such as doubles tennis, ballroom dancing, hunting, ice skating, golf without a cart, softball or other similar activities?

[0.] NEVER



GO TO Q.#5

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



4a. What were these activities?

4b. On average, how many hours per day did you engage in these moderate sport and recreational activities?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS

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PHYSICAL ACTIVITY SCALE FOR THE ELDERLY (PASE)

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5. Over the past 7 days, how often did you engage in strenuous sport and recreational activities such as jogging, swimming, cycling, singles tennis, aerobic dance, skiing (downhill or cross-country) or other similar activities?

[0.] NEVER



GO TO Q.#6

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



5a. What were these activities?

5b. On average, how many hours per day did you engage in these strenuous sport and recreational activities?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS

6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?

[0.] NEVER



GO TO Q.#7

[1.] SELDOM

(1-2 DAYS)



[2.] SOMETIMES

(3-4 DAYS)



[3.] OFTEN

(5-7 DAYS)



6a. What were these activities?

6b. On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?

[1.] LESS THAN 1 HOUR [2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS [4.] MORE THAN 4 HOURS