<u>EDITORIAL NOTE</u>: This questionnaire does not examine physical activity on the job. It focuses on leisure exercise and physical activity in the home. It was answered by college women and is probably most appropriate for a well-educated population. The questionnaire has been validated and checked for reproducibility.

## Lifetime Physical Activity Questionnaire

- **STEP 1:** Please place a **check mark** in the first column next to each activity that you have **ever participated in more than 10 times** during your lifetime.
- STEP 2: For those activities you have checked, proceed to the right answering the questions in the columns above.

Have you ever participated in any of the following?	During the Past Year		During ages 51-65 years (a 15-year span) If younger than 51, skip to next column			During ages 35-50 years (a 15-year span)			During ages 22-34 years (a 12-year span)			Between age of onset of menstruation to 21 years		
Check if yes	Number of months	Typical number of hours per week	Number of years (15 max)	Typical number of months per year	Typical number of hours per week	Number of years (15 max)	Typical number of months per year	Typical number of hours per week	Number of years (12 max)	Typical number of months per year	Typical number of hours per week	Number of years (10 max)	Typical number of months per year	Typical number of hours per week
Leisure Time Activities														
Walking for exercise (outdoor, indoor at mall, treadmill)														
Hiking														
Stair-climbing machine														
Jogging (outdoor/treadmill)														
Bicycling (stationery/outdoor)														
Horseback riding														
Dancing (social/ ballet/tap)														
Gymnastics														
Calisthenics/toning exercises														
Yoga														
Aerobics/Jazzercise														
Lifting weights														
Swimming for exercise (i.e. laps)														
Rowing/canoeing/ kayaking/rowing machine														
Water skiing														

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