EDITORIAL NOTE: 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? <br> Check if yes | 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 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 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 <br> (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) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \hline \text { Bicycling } \\ & \text { (stationery/outdoor) } \end{aligned}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| Skiing/downhill |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| X-country skiing/ski machine |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Skating (ice, roller, inline) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other racquet sports |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Softball/baseball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Golf (use golf cart) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Golf (walking) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Volleyball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Basketball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bowling |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other : |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Household Activities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gardening/yard work |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grooming and feeding children |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Playing with children (walk/run with them) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Light housecleaning <br> (sweep/dust) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heavy housecleaning (scrub floors/vacuum) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

