Physical activity

(recommended for inclusion by Alice Sigurdson)

E1. Following are questions about your physical activity at various times in your life. To answer these questions, please estimate the average amount of *time each week* and the average number of *months each year* that you spent in these activities.

Strenuous Exercise

a. How often did you participate in STRENUOUS exercise activities or sports (e.g., swimming laps, aerobics, calisthenics, running, jogging, basketball, cycling on hills, racquetball)?

	Average hours per week										Average <i>months</i> per year			
	None	½ hr	1 hr	1 ½ hrs	2 hrs	3 hrs	4-6 hrs	7-10 hrs	11 or more hrs	1-3	4-6	7-9	10-12	
During high school	О	О	О	O	O	O	O	O	O	О	O	О	O	
Between ages 18 and 24	О	Ο	Ο	O	O	O	O	O	O	Ο	O	O	O	
Between ages 25 and 34	О	O	O	O	O	O	O	O	O	О	O	O	O	
Between ages 35 and 44	О	O	O	O	O	O	O	O	O	О	O	O	O	
Between ages 45 and 54	О	O	O	O	O	O	O	O	O	О	O	O	O	
Past 3 years *	О	O	Ο	O	O	Ο	O	O	O	О	O	O	O	

^{*} If you have been diagnosed with cancer in the past three years, please answer the question for the three years prior to the cancer diagnosis.

Moderate Exercise

b. How often did you participate in MODERATE exercise activities or sports (e.g., brisk walking, golf, volley-ball, cycling on level streets, recreational tennis, or softball)?

	Average <i>hours</i> per week										Average <i>months</i> per vear			
	None	½ hr	1 hr	1 ½ hrs	2 hrs	3 hrs	4-6 hrs	7-10 hrs	11 or more hrs	1-3	4-6	7-9	10-12	
During high school	О	O	О	O	O	O	O	О	O	О	О	O	O	
Between ages 18 and 24	О	O	O	O	O	O	O	O	O	Ο	O	O	O	
Between ages 25 and 34	О	O	O	O	O	O	O	O	O	О	O	O	О	
Between ages 35 and 44	О	O	Ο	O	Ο	O	O	O	O	Ο	O	O	O	
Between ages 45 and 54	О	Ο	Ο	O	Ο	O	O	O	O	О	O	O	О	
Past 3 years *	О	O	Ο	O	O	Ο	О	O	O	О	O	O	О	

^{*} If you have been diagnosed with cancer in the past three years, please answer the question for the three years prior to the cancer diagnosis.

Other Activities

c. In the past year, on average, how many *hours per day* did you spend in each of the following activities?

			Ave	Days per week								
	None	< 1	1	1-2	3-4	5-6	7-9	10 or more	1	2-3	4-5	6-7
Casual walking	О	О	О	О	О	О	О	О	О	О	О	О
Doing housework	О	O	O	O	O	O	O	O	О	O	O	O
Standing or walking at work	О	O	O	O	O	O	O	O	О	O	O	O
Sitting	О	O	O	O	O	O	O	O	О	O	O	O
Sleeping	О	O	Ο	O	O	O	O	O	О	O	O	O