PHYSICAL ACTIVITY QUESTIONNAIRE

Which of the four activity classes best describes your present activity including your job? Please consider transportation to and from work, activity at work, sporting activities, and other physical efforts during your leisure time, like gardening or dancing.

No physical activity weekly ................................................................. 01

Only light physical activity in most weeks ......................................... 02

Vigorous physical activity for at least 20 minutes
once or twice a week. Vigorous activity causes
shortness of breath, a rapid heart rate, and/or sweating............. 03

Vigorous physical activity for at least 20 minutes
three or more times per week .......................................................... 04