

**PANEL 2:****Paffenbarger Physical Activity Questionnaire**

1. How many city blocks or their equivalent do you normally walk each day?

Blocks/day (Let 12 blocks = 1 mile)

2. What is your usual pace of walking? (Please check one)

Casual or strolling (less than 2mph)

Average or normal (2 to 3 mph)

Fairly brisk (3 to 4 mph)

Brisk or striding (4 mph or faster)

3. How many flights of stairs do you climb up each day?

Flights/day(Let 1 flight = 10 steps)

4. List any sports or recreation you have actively participated in during last year?

(Please remember seasonal sports or events)

Sport, recreation, or other physical activity	Number of times/years	Hours	Minutes	Years Participation

5. Which of these statements best express your view? (Please check one)

I take enough exercise to keep healthy

I ought to take more exercise

Don't know

6. At least once a week, do you engage in regular activity akin to brisk walking, jogging, bi-cycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?

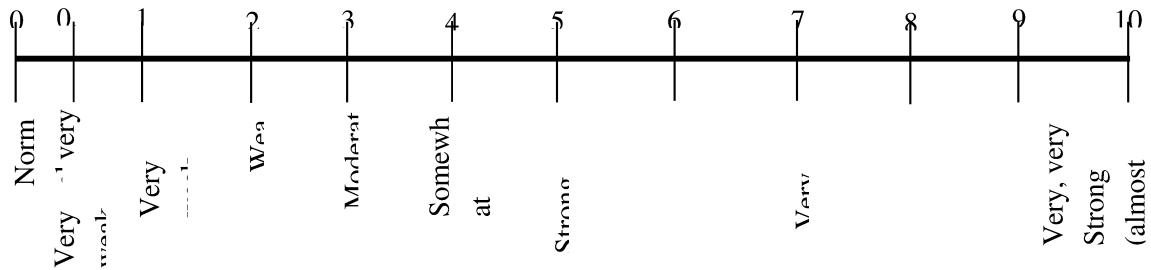
Yes

How many times per week? \_\_\_\_\_

Û No

Why not? \_\_\_\_\_

7. When you are in your usual fashion, how would you rate your level of exertion (degree of effort)? (Please circle one number)



8. On a usual weekday and a weekend day, how much time do you spend on the following activities?

(Total for each day should add to 24 hours)

A. Vigorous activity (digging in the garden, strenuous sports, jogging, aerobic dancing, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)

B. Moderate activity (housework, light sports, regular walking, golf, yard work, lawn mowing, painting, repairing, light carpentry, ballroom dancing, bicycling on level ground, etc.)

C. Light activity (office work, driving car, strolling, personal care, standing with little motion, etc.)

D. Sitting activity (eating, reading, desk work, watching TV, listening to radio, etc.)

E. Sleeping or reclining

Column Total

Must equal –
