

Activities Scale

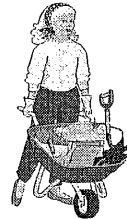
The purpose of this questionnaire is to estimate the amount of physical activity that you perform. Write the name of each day that you are describing in the top right hand corner of each time sheet.

1. For **each** time period, write in the activity or the activity number that corresponds to the **main** activity you actually performed during that particular time period.
2. Then rate how physically **hard** each activity was. Place a "✓" in the timetable to indicate one of the following intensity levels for each activity

• **Light** - Slow breathing, little or no movement.



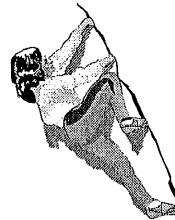
• **Moderate** - Normal breathing and some movement.



• **Hard** - Increased breathing and moderate movement.



• **Very Hard** - Hard breathing and quick movement.



Activity Numbers

Eating

- 1.) Eating a meal
- 2.) Snacking

Work

- 3.) Working (e.g., part-time job, child care)
(list) _____
- 4.) Doing house chores (e.g., vacuuming, dusting, washing dishes, animal care, etc.)
- 5.) Yard Work (e.g., mowing, raking)

After School/Spare Time/ Hobbies

- 6.) Church
- 7.) Hanging around
- 8.) Homework
- 9.) Listening to music
- 10.) Marching band/flag line/drill team
- 11.) Music lesson/playing instrument
- 12.) Playing video games/surfing Internet
- 13.) Reading
- 14.) Shopping
- 15.) Talking on phone
- 16.) Watching TV or movie

Transportation

- 17.) Riding in a car/bus
- 18.) Travel by walking
- 19.) Travel by bicycling

Sleep/Bathing

- 20.) Getting dressed
- 21.) Getting ready (hair, make-up, etc.)
- 22.) Showering/bathing
- 23.) Sleeping

School

- 24.) Club, student activity
- 25.) Lunch/free time/study hall
- 26.) P. E. Class
- 27.) ROTC
- 28.) Sitting in class

Physical Activities and Sports

- 29.) Aerobics/aerobic dancing
- 30.) Basketball
- 31.) Bicycling
- 32.) Bowling
- 33.) Calisthenics(i.e., jumping jacks, sit-ups)
- 34.) Cheerleading
- 35.) Dancing (social, recreational)
- 36.) Dancing (ballet, jazz, modern, tap)
- 37.) Field hockey
- 38.) Frisbee
- 39.) Golf
- 40.) Horseback riding
- 41.) Ice/roller skating
- 42.) Jogging/running
- 43.) Karate/judo/martial arts/ self-defense
- 44.) Rollerblading
- 45.) Skateboarding
- 46.) Soccer
- 47.) Softball/baseball
- 48.) Stationary exercise machines (e.g., cycle, ski machine, stair climber, treadmill)
- 49.) Street hockey
- 50.) Swimming, water exercise
- 51.) Tennis
- 52.) Volleyball
- 53.) Walking (briskly)
- 54.) Weight/circuit training
- 55.) Gymnastics/tumbling
- 56.) Kickboxing/Tae Bo
- 57.) Track and field
- 58.) Trampoline
- 59.) Other _____

Sample activity time sheet:

The table below shows the correct way to fill out the activity time sheets.
Note that only **one** intensity level is checked for each activity.

	Activity Number	Light	Moderate	Hard	Very Hard
7:00-7:30	22	✓			
7:30-8:00	21	✓			
8:00-8:30	18		✓		
8:30-9:00	28	✓			
9:00-9:30	28	✓			
9:30-10:00	26			✓	
10:00-10:30	26			✓	

Put a "✓" to rate the intensity of each activity.

Write activity numbers in this column.



breakfast

lunch time

supper time

evening

	Activity Number	Light	Moderate	Hard	Very Hard
	7:00-7:30				
	7:30-8:00				
	8:00-8:30				
	8:30-9:00				
	9:00-9:30				
	9:30-10:00				
	10:00-10:30				
	10:30-11:00				
	11:00-11:30				
	11:30-12:00				
	12:00-12:30				
	12:30-1:00				
	1:00-1:30				
	1:30-2:00				
	2:00-2:30				
	2:30-3:00				
	3:00-3:30				
	3:30-4:00				
	4:00-4:30				
	4:30-5:00				
	5:00-5:30				
	5:30-6:00				
	6:00-6:30				
	6:30-7:00				
	7:00-7:30				
	7:30-8:00				
	8:00-8:30				
	8:30-9:00				
	9:00-9:30				
	9:30-10:00				
	10:00-10:30				
	10:30-11:00				
	11:00-11:30				
	11:30-12:00				

Put a "✓" to rate the intensity of each activity.

Write activity numbers in this column.



		Activity Number	Light	Moderate	Hard	Very Hard
before school	7:00-7:30					
	7:30-8:00					
during school	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
	10:30-11:00					
lunch time	11:00-11:30					
	11:30-12:00					
	12:00-12:30					
	12:30-1:00					
	1:00-1:30					
	1:30-2:00					
after school	2:00-2:30					
	2:30-3:00					
	3:00-3:30					
	3:30-4:00					
	4:00-4:30					
	4:30-5:00					
supper time	5:00-5:30					
	5:30-6:00					
	6:00-6:30					
	6:30-7:00					
	7:00-7:30					
	7:30-8:00					
evening	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
	10:30-11:00					
	11:00-11:30					
	11:30-12:00					

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	7:30-8:00				
during school	8:00-8:30				
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	10:30-11:00				
	11:00-11:30				
lunch time	11:30-12:00				
	12:00-12:30				
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	2:00-2:30				
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after school	3:00-3:30				
	3:30-4:00				
	4:00-4:30				
	4:30-5:00				
	5:00-5:30				
supper time	5:30-6:00				
	6:00-6:30				
	6:30-7:00				
	7:00-7:30				
	7:30-8:00				
	8:00-8:30				
	8:30-9:00				
evening	9:00-9:30				
	9:30-10:00				
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	10:30-11:00				
	11:00-11:30				
	11:30-12:00				