

7-Day Physical Activity Recall

SSN _____

PAR#: 1 2 3 4 5 6 7

Participant Interview #2

Interviewer _____ Today is _____ Today's Date _____

1. Were you employed in the last seven days? 0. No (Skip to Q#4) 1. Yes
2. How many days of the last seven did you work? 1 days
3. How many total hours did you work in the last seven days? 8.5 hours last week
4. What two days do you consider your weekend days? Sat Sun
(mark days below with a squiggle)

WORKSHEET

DAYS

		wed	th	fri	Sat	Sun	Mon	Tues	
SLEEP		1 <u>5</u> 1a-6a	2 <u>7.5</u> 12:30a-9a	3 <u>6.5</u> 1a-7:30a	4 <u>11.0</u> 10p-9a	5 <u>6.5</u> 12:30p-7a	6 <u>6.5</u> 11:30p-6a	7 <u>9.5</u> 11p-8:30a	
MORNING	Moderate		.25 walk					.25 walk	
	Hard						.25 run	.25 run	
	Very Hard			.50 run				.25 Jog	
AFTERNOON	Moderate		1.5 walk-lift				.25 walk	.25 treadmill-walk	
	Hard								.25 treadmill fast-walk
	Very Hard								.25 Jog-treadmill
EVENING	Moderate		2.0 walk-lift						
	Hard								
	Very Hard								
Total Min Per Day	Strength:			15			15	15	
	Flexibility:				5	5			

4a. Compared to your physical activity over the past 3 months, was last week's physical activity more, less, or about the same? <u>1. More</u> 2. Less 3. About the same	6. Do you think this was a valid PAR Interview? <u>1. Yes</u> 0. No If NO, go to the back and explain.
5. Were there any problems with the PAR interview? <u>0. No</u> 1. Yes If YES, go to the back and explain.	7. Were there any special circumstances concerning this PAR ? <u>0. No</u> 1. Yes, If YES, what were they?(circle) 1. Injury all week 2. Illness all week 3. Illness part week 4. Injury part week 5. Pregnancy 6. Other: