

Adult Physical Activity Survey

Date: _____

- Pre
- Post

ENGLISH VERSION

First letter of your FIRST name	First letter of your LAST name	Birth MONTH	Birth DAY
A-Z	A-Z	01-12	01-31
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

ID#:

Please mark the response that **best** describes how you **usually** do things.

1. In the past week, **how many days** did you exercise for at least 30 minutes?

This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. *Do not count housework, taking care of your kids, or walking from place to place.*

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

2. In the past week, **how many days** did you do workouts to build and strengthen your muscles?

This includes things like lifting weights and doing push-ups, sit-ups or planks.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

3. How often do you make small changes on purpose to be more active?

This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- usually (about 80% of the time)
- Always