Lifetime Physical Activity Questionnaire

EDITORIAL NOTE: This questionnaire does not examine physical activity on the job. It focuses on leisure exercise and physical activity in the home. It was answered by college women and is probably most appropriate for a well-educated population. The questionnaire has been validated and checked for reproducibility.

STEP 1: Please place a check mark in the first column next to each activity that you have ever participated in more than 10 times during your lifetime.

STEP 2: For those activities you have checked, **proceed to the right** answering the questions in the columns above.

Have you ever participated in any of the following leisure time activities?	if Yes ↓	Number of months during the Past Year	Typical # of hours per week during the Past Year	Number of years during ages 51-65 years (15 max) If younger than 51, skip to next column	Typical # of months per year during ages 51-65 years	Typical # of hours per week during ages 51-65 years	Number of years during ages 35-50 years (15 max)	Typical # of months per year during ages 35-50 years	Typical # of hours per week during ages 35-50 years	Number of years during ages 22-34 years (12 max)	Typical # of months per year during ages 22-34 years	Typical # of hours per week during ages 22-34 years	Number of years between age of onset of menstru- ation to 21 years	Typical # of months per year between age of onset of menstruation to 21 years	Typical # of hours per week between age of onset of menstruation to 21 years
Walking for exercise (outdoor, indoor at mall, treadmill)													,		
Hiking															
Stair-climbing machine															
Jogging (outdoor/treadmill)															
Bicycling (stationery/outdoor)															
Horseback riding															
Dancing (social/ ballet/tap)															
Gymnastics															
Calisthenics/toning exercises															
Yoga															
Aerobics/Jazzercise															
Lifting weights															
Swimming for exercise (i.e. laps)															
Rowing/canoeing/ kayaking/rowing machine															
Water skiing															
Skiing/downhill															
X-country skiing/ski machine															
Skating (ice, roller, in-line)															
Tennis															
Other racquet sports															
Softball/baseball															
Golf (use golf cart)															

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Golf (walking)															
Volleyball															
Basketball															
Bowling															
Other :															

Have you ever participated in any of the following household activities?	if Yes	Number of months during the Past Year	Typical # of hours per week during the Past Year	Number of years during ages 51-65 years (15 max) If younger than 51, skip to columns for 35-50 years	Typical # of months per year during ages 51-65 years	Typical # of hours per week during ages 51- 65 years	Number of years during ages 35-50 years (15 max)	Typical # of months per year during ages 35-50 years	Typical # of hours per week during ages 35-50 years	Number of years during ages 22-34 years (12 max)	Typical # of months per year during ages 22-34 years	Typical # of hours per week during ages 22-34 years	Number of years between age of onset of menstru- ation to 21 years (10 max)	Typical # of months per year between age of onset of menstruation to 21 years	Typical # of hours per week between age of onset of menstruation to 21 years
Gardening/yard work															
Grooming and feeding children															
Playing with children (walk/run with them)															
Light housecleaning (sweep/dust)															
Heavy housecleaning (scrub floors/vacuum)															