

ACT 12-Month Follow-up Activities Inventory

ID	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	NEWID	Acrostic	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Date Completed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	VISIT	Completed by	<input type="text"/>	<input type="text"/>			
	Mon	Day	Year									

- "We just talked about the last 3 months. Now I want you to think about the last 12 months--since you first began to participate in the ACT study. Over the last 12 months would you say that your physical activity has increased, decreased, or stayed about the same?" **PHYSACT**

1 Increased (Continue script and collect information about activities below)
 2 Decreased (End of questionnaire)
 3 Stayed about the same (End of questionnaire)
- "We want to know what physical activities you have been doing during the last 12 months--since you began participating in the ACT study. I will NOT be asking you to report the intensity level of any activity you report--like what we were just doing in the recall with moderate, hard or very hard intensity levels. Do you have any questions at this point about what to report?"

Primary Activity

"What physical activity did you do most often over the past 12 months?" **PRIMACT**

(response): _____

Activity Code **PRIMCODE**

"How many months did you do this activity?" **PRIMMTHS** (number of months)

"In the months that you did this activity, on average, how many times per month did you do it?" **PRIMTIME** (number of times)

"When you did this activity, on average, how many minutes did you spend doing it?" **PRIMMIN** (number of minutes)

- "Did you do any other activities, besides the one you just described, during the last 12 months?"

1 Yes (Continue scripted questions and collect information about secondary activity on next page.)
 2 No (End of questionnaire) **OTHERACT**

(Turn form over to continue on page 2.)

Secondary Activity

"What physical activity did you do second most often over the past 12 months?" **SECACT**

(response): _____

Activity Code **SECCODE**

"How many months did you do this activity?" **SECMTHS**

(number of months)

"In the months that you did this activity, on average, how many times per month did you do it?"

(number of times)

SECTIME

"When you did this activity, on average, how many minutes did you spend doing it?"

SECMIN

(number of minutes)

4. "Did you do any other activities, besides the two already described, during the last 12 months?"

1 Yes (Collect information about activities below) **OTHERACT2**

2 No (End of questionnaire)

Tertiary Activities

"Please tell me any other activities that you did. If you did more than three activities, other than the ones you've already told me about, just tell me the next three that you did most often. I do not need to know how often you did the activities, just what the activities were."

Activity: **ACTIVIT1** _____

Activity Code **ACTCODE1**

Activity: **ACTIVIT2** _____

Activity Code **ACTCODE2**

Activity: **ACTIVIT3** _____

Activity Code **ACTCODE3**