ACT Physical Activity Recall Form

ID ☐ ☐☐☐☐☐ **NEWID**   Acrostic ☐☐☐☐☐☐

Date Completed ☐☐/☐☐/☐☐ **VISIT**   Visit Code ☐☐☐

Day of the week form completed: _____

1. Were you employed in the last seven days? **EMPLOY7**   1 ☐ Yes   2 ☐ No

2. How many days of the last seven did you work? **DAYWRK7**   ☐ (round to nearest day)

3. How many total hours did you work in the last seven day?   ☐☐ Hours **HOURWRK7**

4. What days of the week do you consider to be your weekend or non-work days? For most people this would be Saturday and Sunday but it may be different for you.

1 ☐ Sunday	2 ☐ Monday	3 ☐ Tuesday	4 ☐ Wednesday	5 ☐ Thursday	6 ☐ Friday	7 ☐ Saturday
SRK_SUN	**SRK_MON**	**SRK_TUE**	**SRK_WED**	**SRK_THUR**	**SRK_FRI**	**SRK_SAT**

5. If you did not work your usual week, why did you work less than usual?

    _____

    _____

    _____

6. For the past seven days, and thinking only about activities that are at least of moderate intensity, how many days did you do activity or exercise that added up to at least 30 minutes each day? **ACT30MIN**   ☐☐ Number of days (0-7)

	Days of the Week	Yesterday												One Week Ago	
		HRS	MIN	HRS	MIN	HRS	MIN	HRS	MIN	HRS	MIN	HRS	MIN	HRS	MIN
				SAME VARIABLES AS IST COLUMN… CHANGE NUMBER TO THE CORRESPONDING COLUMN NUMBER											
	Sleep	SLEEPHR1	SLEEPMN1	COLUMN 2		COLUMN 3		COLUMN 4		COLUMN 5		COLUMN 6		COLUMN 7	
Morning	Moderate	MMODHR1	MMODMN1	:		:		:		:		:		:	
Morning	Hard	MHARDHR1	MHARDMN1	:		:		:		:		:		:	
Morning	Very Hard	MVHRDHR1	MVHRDMN1	:		:		:		:		:		:	
Afternoon	Moderate	AMODHR1	AMODMN1	:		:		:		:		:		:	
Afternoon	Hard	AHARDHR1	AHARDMN1	:		:		:		:		:		:	
Afternoon	Very Hard	AVHRDHR1	AVHRDMN1	:		:		:		:		:		:	
Evening	Moderate	EMODHR1	EMODMN1	:		:		:		:		:		:	
Evening	Hard	EHARDHR1	EHARDMN1	:		:		:		:		:		:	
Evening	Very Hard	EVHRDHR1	EVHRDMN1	:		:		:		:		:		:	

Calculated Energy Expenditure ☐☐☐☐ Kcal/kg/day

7. Was this a typical week in terms of your usual pattern of activity or exercise? **TYPACT**

   1 ☐ Yes ⇒ | Were you more or less active than usual in the past week?
   2 ☐ No | **NOTYPACT**
   | 1 ☐ More
   | 2 ☐ Less

Until now, we've just been talking about the last seven days. Now I would like you to think about your usual activities over the last three months.

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8. During your work week, on average how many hours per day do you spend sitting quietly (e.g., watching TV, working at a desk computer, eating, or reading)? **SITHR1**   ☐☐ Average hours per day

   During your weekend, on average how many hours per day do you spend sitting quietly (e.g., watching TV, working at a desk computer, eating, or reading)? **SITHR2**   ☐☐ Average hours per day

9. How many flights of stairs do you climb each day? (1 flight = 10 steps) **STAIRCNT**   ☐☐ Number of flights

10. If you had to add together the total minutes you spend walking during the day, how many minutes would that be? Remember, add up your actual walking time and don't add in the time spent just standing. Include your to and from walking and any fitness walking. Don't try to remember every step, just give a general idea of the time spent walking. **MIN_WALK**   ☐☐☐☐ Total minutes per day

11. What is your usual pace of walking? Mark ONE only **WALKPACE**

    1 ☐ Casual or strolling (less than 2 miles per hour)   3 ☐ Fairly brisk (3 to 4 miles per hour)

    2 ☐ Average or normal (2 to 3 miles per hour)   4 ☐ Brisk or striding (4 miles per hour or faster)

12. Do you regularly do strength and flexibility exercises like sit-ups, push-ups, yoga, or stretching? **REGFLEX**

    1 ☐ Yes ⇒ | How many days per week do you do these exercises? ☐☐ Number of days (0-7)
    2 ☐ No | **FLEX_DAY**

13. On the days that you do strength and flexibility exercises, how many minutes do you spend doing them?   ☐☐☐☐ Total minutes
    FELX_MIN

Form completed by ☐☐ (staff code)

SUMMARY VARIABLES

SLEEPHRT – TOTAL SLEEP HOURS
SLEEPMNT – TOTAL SLEEP MINUTES

MMODHRT – TOTAL MORNING MODERATE HOURS
MMODMNT – TOTAL MORNING MODERATE MINUTES

MHARDHRT – TOTAL MORNING HARD HOURS
MHARDMNT – TOTAL MORNING HARD MINUTES

MVHRDHRT – TOTAL MORNING VERY HARD HOURS
MVHRDMNT – TOTAL MORNING VERY HARD MINUTES

AMODHRT – TOTAL AFTERNOON MODERATE HOURS
AMODMNT – TOTAL AFTERNOON MODERATE MINUTES

AHARDHRT – TOTAL AFTERNOON HARD HOURS
AHARDMNT – TOTAL AFTERNOON HARD MINUTES

AVHRDHRT – TOTAL AFTERNOON VERY HARD HOURS
AVHRDMNT – TOTAL AFTERNOON VERY HARD MINUTES

EMODHRT – TOTAL EVENING MODERATE HOURS
EMODMNT – TOTAL EVENING MODERATE MINUTES

EHARDHRT – TOTAL EVENING HARD HOURS
EHARDMNT – TOTAL EVENING HARD MINUTES

EVHRDHRT – TOTAL EVENING VERY HARD HOURS
EVHRDMNT – TOTAL EVENING VERY HARD MINUTES

OTHER VARIABLES

PHONDATA – PHONE DATA COLLECTED
PARSCORE – ENERGY EXPENDITURE: KCAL/KG/DAY