



The Physical Activity Questionnaire is one of three questionnaires that will describe your past and current health as you begin to participate in *The Tomorrow Project* cancer research study.

The questions are about your **physical activities in the past 12 months**, including:

- **Employment & Volunteer** activities
- **Household & Do-it-yourself** activities
- **Recreation & Leisure** activities

This questionnaire may take about 15-20 minutes to answer.

If you are not sure of how to answer a question, please feel free to contact us:

- Call our toll free number: 1.877.919.9292
- Email us: [tomorrow@cancerboard.ab.ca](mailto:tomorrow@cancerboard.ab.ca)
- OR, for answers to commonly asked questions, check our website: [www.thetomorrowproject.org](http://www.thetomorrowproject.org)

Acknowledgments must be given to Dr. Christine Friedenreich of the Alberta Cancer Board if this questionnaire is used or modified.

123456

## Physical Activity Questionnaire

### Directions:

- First, record the types of activities you took part in over the past 12 months.
- Next, record how often you took part in each activity, for how long, and at what intensity level.
- The timing and intensity of your activities may have varied over the 12 months. Do your best to estimate your average or usual activity pattern.
- Do not “double-count” hours – your total activity hours should add up to no more than the hours you are awake.
- In each section, the top pages provide examples of how to fill in the charts. Read through the examples and then fill in your activities on the bottom pages.
- **If a whole page does not apply to you, please write NA in the first column. We will then know you did not miss the page.**



A research initiative of the Alberta Cancer Board

## Employment & Volunteer Activities

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

1 = Activities done mainly **sitting** down

2 = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

3 = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

4 = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

#### Activity 1

- In the past 12 months, Joe's job has been **farming**. He took **2 weeks of holidays**.
- His main physical activities = **drive** equipment, **walk** & **shovel**.
- He farms **11.5** months a year, **6** days a week, **9.5** hours a day.
- He **drives** and **walks 8.5** hours a day and rates his physical intensity level for those activities as **2**.
- He **shovels 1.0** hours a day and rates his physical intensity level for shoveling as **4**.

#### Activity 2

- In the past 12 months, Joe has also been **volunteering for a 4H Club**.
- His physical activities are **sitting** and **standing**.
- He volunteers **10** months a year, **1** day a week, **2** hours a day.
- He rates his physical intensity level as **1** because his main activity is sitting.

	<b>Job Title</b> employment and volunteer work	<b>Main Physical Activities</b> List up to 3 <b>main</b> activities that you did on the job in the past 12 months.  <i>e.g. sit, stand, walk, carry loads</i>	<b>Months</b> per year	<b>Days</b> per week	<b>Hours</b> per day	<b>Physical Intensity</b> <b>Level 1,2,3,4</b> <i>Choose the level for you</i>
1	<i>farmer</i>	<i>drive, walk</i>	<i>11.5</i>	<i>6</i>	<i>8.5</i>	<i>2</i>
2	<i>farmer</i>	<i>shovel</i>	<i>11.5</i>	<i>6</i>	<i>1.0</i>	<i>4</i>
3	<i>4H Club volunteer</i>	<i>sit, stand</i>	<i>10</i>	<i>1</i>	<i>2</i>	<i>1</i>

## Your Employment & Volunteer Activities

- (1) Start a new line for each job that you did in the past 12 months (paid or volunteer).
- (2) Start a new line when the pattern changed, such as when the activities, intensity level, or the number of months, days or hours of the job changed.
- (3) Remember to deduct weeks or months you were on vacation.
- (4) If you are involved in a volunteer or work activity less than once a week, record the days and the appropriate interval in the "Days per week" column, e.g. "Bingo 1 day/month".

	<b>Job Title</b> employment and volunteer work	<b>Main Physical Activities</b> List up to 3 <b>main</b> activities that you did on the job in the past 12 months  <i>e.g. sit, stand, walk, carry loads</i>	<b>Months</b> per year	<b>Days</b> per week	<b>Hours</b> per day	<b>Physical Intensity</b> <b>Level 1,2,3,4</b> <i>Choose the level for you</i>
1	School teacher	<sup>(50)</sup> stand, <sup>(71)</sup> walk, <sup>(40)</sup> sit	9	5	7.5	2
2	Cancer volunteer	<sup>(71)</sup> walk	0.25	1	2.0	2
3	Soccer coach	( <sup>(67)</sup> run, stand, carry)	4	2	1.5	3
4						
5						
6						
7						
8						

Note: Numeric codes are from Occupational Codes

## Walking, biking to and from employment & volunteer activities

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

**2** = Activities (walking, biking etc.) that **do not increase your heart rate** & cause **no sweating**

**3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

**4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

#### Activity 1

- Sandra works part-time as a **nurse** in a community health centre near her home.
- She **walks** to and from work **5** months of the year, **3** days a week, (**15 minutes each way**); the rest of the year she drives.
- She rates her physical intensity level for **walking** as **2**.

#### Activity 2

- Sandra also **volunteers** 1 day a week at her children's school 10 months per year.
- **4** months of the year she **bikes** to and from the school (**30 minutes each way**); the rest of the year she drives.
- She rates her physical activity level for **biking** as **3**.

	<b>Job Title</b> employment and volunteer work from page 3	<b>Type of activity</b> to go to and from work or volunteer activity <i>e.g. walk, bike, in-line skate etc.</i>	<b>Months</b> per year	<b>Days</b> per week	<b>Minutes</b> per day	<b>Physical Intensity</b> <b>Level</b> <b>2,3,4</b> <i>Choose the level for you</i>
1	Nurse	Walk	5	3	30 min	2
2	School volunteer	Bike	4	1	60 min	3

# Your walking, biking to and from employment & volunteer activities

- (1) Start a new line for each job from page 3 (paid or volunteer) that involves walking or biking to and/or from work in the past 12 months.
- (2) Do not include walking that is part of your job *at work*. (Walking *at work* should be recorded on page 3.)
- (3) Include any other means of transportation you use for getting to work, like in-line skating etc.
- (4) Include the time you walk to and from the bus or your car.
- (5) Record your time in minutes. (This is the only section that asks for your answer in minutes – continue to enter your time in hours in the rest of the questionnaire.)
- (6) **OR: If this section does not apply to you, please write NA on the first line.**

	<b>Job Title</b> employment and volunteer work from page 3	<b>Type of activity</b> to go to and from work or volunteer activity <i>e.g. walk, bike, in-line skate etc.</i>	<b>Months</b> per year	<b>Days</b> per week	<b>Minutes</b> per day	<b>Physical Intensity</b> <b>Level</b> 2,3,4 <i>Choose the level for you</i>
1	Soccer coach	(145) walk to games	4	2	20 min	2
2					min	
3					min	
4					min	
5					min	
6					min	
7					min	
8					min	

Note: Numeric code is from Recreation and Leisure Codes.

## Household, Childcare & Do-It-Yourself Activities

### INCLUDING:

HOUSEWORK (e.g. cook, clean, do laundry, iron, vacuum, shop for groceries)

CHILDCARE (e.g. dress, feed, play with own children)

YARD WORK (e.g. cut grass, shovel snow, wash the car, garden)

DO-IT-YOURSELF JOBS (e.g. do renovations & repairs at home or at a cabin)

For this category, **DO NOT** include activities that are done **SEATED** (e.g. sewing, paying bills).

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

**2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

**3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

**4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

#### Activities 1 and 2

- Sandra shares the **housework** (meals, dishes & laundry) and **childcare** (feeding, dressing, playing) with her family.
- She does housework **12** months a year, **7** days a week for an average of **2** hours a day at an intensity level of **2**.
- She cares for her children **12** months a year, **7** days a week for an average of **3** hours a day at an intensity level of **3**.

#### Activity 3

- Sandra also shares the yard work with her husband (**gardening, cutting grass**).
- She does yard work **5** months a year, **3** days a week, and averages about **1.5** hours a day.
- She rates her physical intensity level for **yard work** as **3**.

	Type of Activity	Months per year	Days per week	Hours per day	Physical Intensity Level 2,3,4 <i>Choose the level for you</i>
1	<i>meals, dishes, laundry</i>	<i>12</i>	<i>7</i>	<i>2</i>	<i>2</i>
2	<i>feed, dress, play with kids</i>	<i>12</i>	<i>7</i>	<i>3</i>	<i>3</i>
3	<i>garden, cut grass</i>	<i>5</i>	<i>3</i>	<i>1.5</i>	<i>3</i>

## Your Household, Childcare & Do-It-Yourself Activities

- (1) Start a new line when the pattern changed, such as when the intensity level, or the number of months, days or hours changed in the past 12 months.
- (2) Report seasonal activities like gardening or snow shoveling separately from year round activities.
- (3) If you are being paid to provide childcare, report this activity on page 3.

	Type of Activity	Months per year	Days per week	Hours per day	Physical Intensity Level 2,3,4 <i>Choose the level for you</i>
1	meals, dishes, laundry	11	7	2.5	2
2	vacuum	11	1	1.0	3
3	cut grass	4	1	1.0	3
4	Shovel snow	4	0.5	0.5	3
5					
6					
7					
8					
9					

Note: No numeric codes are assigned. METs are assigned based on P/L

## Recreation & Leisure Activities

For this category, **DO NOT** include activities that are done **SEATED** (playing cards, reading, etc.).

**PHYSICAL INTENSITY LEVELS:** Choose the *one* that best describes *your* experience.

**2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

**3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

**4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

#### Activity 1

- Greg went on a **fishing** trip this past year.
- He went on a **10 day** trip.
- He fished about **4 hours** each day.
- For him, fishing is a level **2**.

#### Activity 2

- Greg also **walks** regularly.
- He walks for **6 months** of the year.
- He walks **4 days** a week, for **30 minutes**.
- For him, walking is a level **3**

#### Activity 3

- Greg also **cycles** regularly.
- He cycles **8 months** of the year.
- He cycles **4 days** a month, for **3 hours**.
- For him, cycling is a level **4**.

	<b>Recreation or Leisure Activity</b>	<b>Months per year</b>	<b>Frequency</b> Please specify how many days •per week •per month or •per year	<b>Hours per day</b>	<b>Physical Intensity Level 2,3,4</b> Choose the level for you
1	<i>fishing</i>	--	<i>10 days per year</i>	4	2
2	<i>walking</i>	6	<i>4 days per week</i>	0.5	3
3	<i>cycling</i>	8	<i>4 days per month</i>	3	4



## Your Recreation & Leisure Activities

- (1) Start a new line when the pattern changed, such as when the activity, intensity level, or the number of months, days or hours of your recreational activities in the past 12 months changed.
- (2) Do not include walking that you did as part of your job or volunteer activities – this type of walking should be recorded on page 3.
- (3) See next page for examples before you start...



	<b>Recreation or Leisure Activity</b> Please be specific when possible	<b>Months</b> per year	<b>Frequency</b> Please specify how many days and whether the activity is •per week •per month or •per year	<b>Hours</b> per day	<b>Physical Intensity Level</b> 2,3,4 Choose the level for you
1	aerobics class (1)	11	<u>2</u> days per <u>week</u>	.75	4
2	bicycling (13)	4	1 day per week	1.0	3
3	bowling (19)	—	10 days per year	2.0	2
4	golfing (power cart) (53)	4	2 days per month	4.5	2
5	walking (146)	6	1 day per week	1.0	3
6					
7					
8					
9					
			<b>Please check!</b> Did you record whether your activity was weekly, monthly or yearly in the column above?		

Note: Numeric codes are from Recreation and Leisure Codes

## Examples of Recreation & Leisure Activities

Aerobics	Handball	Sledding
Aquacize	Hang gliding	Snorkeling
Archery	Hiking	Snow shoeing
Backpacking	Hockey	Snowboarding
Badminton	Horseback riding	Soccer
Basketball	Horseshoe pitching	Softball
Bicycling	Hunting	Squash
Billiards	Ice-skating	Stair climber
Boating	Jogging	Stationary bicycling
Bowling	Judo	Stretching
Boxing	Jujitsu	Surfing
Broomball	Karate	Swimming
Calisthenics	Kayaking	Tai chi
Canoeing	Lacrosse	Telemarking
Circuit training	Motor cross	Tennis
Climbing (rock, wall)	Orienteering	Tobogganing
Coaching	Paddleball	Track & field
Cricket	Ping-pong	Treadmill
Curling	Racquetball	Volleyball
Dancing	Rowing	Walking
Darts	Rugby	Water polo
Deepwater running	Running	Water volleyball
Diving	Sailing	Water skiing
Fishing	Scuba diving	Weight lifting
Football	Shuffleboard	Whitewater rafting
Frisbee	Skateboarding	Wrestling
Golf	Skiing, downhill	Yoga
Gymnastics	Skiing, cross-country	

### Tell us what you think!

Your feedback is important to us and will be used as a tool to streamline and improve this survey. In the space below, please record your comments or concerns. If your comment is about a specific question, please refer to it by page number.

As a whole, how easy was this survey to complete?

1	2	3	4	5	6	7
<b>Not easy at all</b>						<b>Very easy</b>

Comments (Optional): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date Survey Completed: March 21, 2006

Your current age: 45

**Thank you very much for answering the Physical Activity Questionnaire!**  
**Please return the questionnaire in the postage paid envelope at your earliest convenience.**