7-Day Physical Activity Recall

SSN

PAR#: 1 2 3 4 5 6 7 Participant

Interviewer_________________________ Today is__________ Today's Date, ________

1. Were you employed in the last seven days? 0. No (Skip to Q#4) 1. Yes

2. How many days of the last seven did you work? _____ days

3. How many total hours did you work in the last seven days? _____ hours last week

4. What two days do you consider your weekend days? (mark days below with a squiggle)

WORKSHEET

<table>
<thead>
<tr>
<th>DAYS</th>
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<tbody>
<tr>
<td>SLEEP</td>
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<td>MORNING</td>
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<td>EVENING</td>
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<td>Total Min Per Day</td>
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4a. Compared to your physical activity over the past 3 months, was last week's physical activity more, less, or about the same?

1. More 2. Less 3. About the same

5. Were there any problems with the PAR interview?

0. No 1. Yes If YES, go to the back and explain.

6. Do you think this was a valid PAR Interview?

1. Yes 0. No If NO, go to the back and explain.

7. Were there any special circumstances concerning this PAR?

0. No 1. Yes, If YES, what were they?(circle)

1. Injury all week 2. Illness all week 3. Illness part week 4. Injury part week 5. Pregnancy 6. Other:
5. Explain why there were problems with this PAR interview:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

6. If PAR interview was not valid, why was it not valid?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

7. Please list below any activities reported by the subject which you do not know how to classify.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

8. Please provide any other comments you may have.

________________________________________________________________________
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