0925-0294 exp. 12/89

NHLBI GROWTH AND HEALTH STUDY

FTYPE NGHS Form 12
FREV Rev. 0 3/87

PHYSICAL ACTIVITY FORM - C

This form is to be administered by interviewer to the NGHS child at the time of the baseline and each annual follow-up examination.

ID number of NGHS child: ..... ___ - ___ RID ___ - __

Name code of NGHS child: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... VISIT

Please PRINT the child's full name:

First Name Middle Initial Last Name

Date of interview: ..... DO_FORM ___ ___ - ___ ___ - ___ ___
Month Day Year

Signature of interviewer: SIGN

ID number of interviewer: ..... ___ - ___ __

0925-0294 exp. 12/89

ID							
NC							
VN							

NGHS Form 12
Rev. 0 3/87
10 Pages

NHLBI GROWTH AND HEALTH STUDY

PHYSICAL ACTIVITY FORM - C

1. About how often does your mother or female guardian exercise, like jogging, running, playing sports, or taking long walks?

MOMJOG

Never or hardly ever ..... ☐ 1

Once or twice a week ..... ☐ 2

Three or more times a week ..... ☐ 3

No mother or female guardian ... ☐ 4

I don't know ..... ☐ 5

2. About how often does your father or male guardian exercise, like jogging, running, playing sports, or taking long walks?

DADJOG

Never or hardly ever ..... ☐ 1

Once or twice a week ..... ☐ 2

Three or more times a week ... ☐ 3

No father or male guardian ... ☐ 4

I don't know ..... ☐ 5

3. How often do you exercise with one or both of your parents, for example, playing ball, bike riding, taking long walks, swimming, or playing sports?

PAREXER

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week ...	☐	3

4. How often do you exercise with one or more of your sisters or brothers, if you have one?

SIBREXER

Never or hardly ever	☐	1
Once of twice a week	☐	2
Three or more times a week ...	☐	3
Do not have one	☐	4

ID

VN

5. Please tell me whether you agree with these statements:

		YES	NO	
A.	I play sports or very active games a lot	☐	☐	SPORTS
B.	Most of the time I would rather do other things than exercise	☐	☐	BETTHNG
C.	I am in a marching band, baton twirling or drill group	☐	☐	MARBAND
D.	I enjoy activities such as walking, playing ball, bike riding or skating	☐	☐	ENJOY
E.	Boys are much better at physical activities than girls	☐	☐	BOYBET
F.	I would rather play board games or video games than do outdoor activities	☐	☐	VIDEO
G.	I feel I am good at sports	☐	☐	GOODSPRT
H.	I believe that exercising keeps me healthy	☐	☐	HEALTHY
I.	I believe that exercising helps me control my weight	☐	☐	CNTRLWT
J.	I get as much exercise as I need	☐	☐	ENUFACT
K.	I am a cheerleader or a majorette	☐	☐	MAJORET

6. When you have recess at school what do you do most often?
(LIST ACTIVITIES)

RECESS1	RECESS2	RECESS3
RECESS4	RECESS5	RECESS6
RECESS7	RECESS8	RECESS9

7. How often do you take part in (gym/P.E.) class or any other exercise class while you are in school?

	GYM	
Less than once a week ...	☐	1
Once or twice a week	☐	2
3 or 4 times a week	☐	3
Every day	☐	4

8. Do you take any classes or lessons such as dance, gymnastics or swimming during the summer <u>or</u> during the school year? ..... ☐ YES ☐ NO

CLASS

IF <u>NO</u>, GO TO QUESTION 10.

ID							

VN		

WRITE IN ALL CLASSES. PROBE ONLY EXERCISE CLASSES.

9. A. What classes or lessons do you take? (LIST ACROSS)

	1. CLASS1 Class	2. CLASS2 Class	3. CLASS3 Class	4. CLASS4 Class
B. How many times a week do you take it?	CLASWK1	CLASWK2	CLASWK3	CLASWK4
C. For how much of the year do you take it?	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

ID						

VN		

10. A. What sports or physical activities (other than these classes) do you do during the summer?

	1. SUMPA1 Activity	2. SUMPA2 Activity	3. SUMPA3 Activity
B. Do you do (INSERT ACTIVITY):	SUMPAYR1	SUMPAYR2	SUMPAYR3
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	SMPAAMT1 /day /week /month SMPAPER1	SMPAAMT2 /day /week /month SMPAPER2	SMPAAMT3 /day /week /month SMPAPER3

ID

VN

11. A. On weekends, what activities do you do most often? (LIST ACROSS)

	1. WKEND1 Activity	2. WKEND2 Activity	3. WKEND3 Activity
B. Do you do (INSERT ACTIVITY):	WENDWHN1	WENDWHN2	WENDWHN3
Most weekends	☐ 1	☐ 1	☐ 1
Many weekends	☐ 2	☐ 2	☐ 2
Some weekends	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	WENDAMT1 /day /week /month WENDPER1	WENDAMT2 /day /week /month WENDPER2	WENDAMT3 /day /week /month WENDPER3

	4. WKEND4 Activity	5. WKEND5 Activity	6. WKEND6 Activity
B. Do you do (INSERT ACTIVITY):	WENDWHN4	WENDWHN5	WENDWHN6
Most weekends	☐ 1	☐ 1	☐ 1
Many weekends	☐ 2	☐ 2	☐ 2
Some weekends	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	WENDAMT4 /day /week /month WENDPER4	WENDAMT5 /day /week /month WENDPER5	WENDAMT6 /day /week /month WENDPER6

ID							

VN		

12. A. What do you do before school? (LIST ACROSS)

	1. B4SCH1 Activity	2. B4SCH2 Activity	3. B4SCH3 Activity
B. Do you do (INSERT ACTIVITY):	B4SYR1	B4SYR2	B4SYR3
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	B4SAMT1 /day /week /month B4SPER1	B4SAMT2 /day /week /month B4SPER2	B4SAMT3 /day /week /month B4SPER3

	4. B4SCH4 Activity	5. B4SCH5 Activity	6. B4SCH6 Activity
B. Do you do (INSERT ACTIVITY):	B4SYR4	B4SYR5	B4SYR6
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	B4SAMT4 /day /week /month B4SPER4	B4SAMT5 /day /week /month B4SPER5	B4SAMT6 /day /week /month B4SPER6

ID | | | | | | |

VN | | |

13. A. What do you do after school? (LIST ACROSS)

	1. AFSCH1 Activity	2. AFSCH2 Activity	3. AFSCH3 Activity
B. Do you do (INSERT ACTIVITY):	AFSYR1	AFSYR2	AFSYR3
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	AFSAMT1 /day /week /month AFSPER1	AFSAMT2 /day /week /month AFSPER2	AFSAMT3 /day /week /month AFSPER3

	4. AFSCH4 Activity	5. AFSCH5 Activity	6. AFSCH6 Activity
B. Do you do (INSERT ACTIVITY):	AFSYR4	AFSYR5	AFSYR6
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3
C. How often do you do it? (Circle day, week or month.)	AFSAMT4 /day /week /month AFSPER4	AFSAMT5 /day /week /month AFSPER5	AFSAMT6 /day /week /month AFSPER6

ID

VN

TO BE COMPLETED BY CLINICAL CENTER STAFF

14. From the information provided by the child on the TV and Video Card, how many hours (to the nearest half hour) does the child usually watch TV and videos during a week? ..... VIDTVWK ___ ___ ___ . ___

Thank you very much for answering these questions.

ID						

VN		

0925-0294 exp. 12/89

NHLBI GROWTH AND HEALTH STUDY

FTYPE NGHS Form 12
FREV Rev. 1 3/87

PHYSICAL ACTIVITY FORM - C

This form is to be administered by interviewer to the NGHS child at the time of the baseline and each annual follow-up examination.

ID number of NGHS child: ..... ___ - ___ RID ___ - ___

Name code of NGHS child: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... VISIT

Please PRINT the child's full name:

First Name Middle Initial Last Name

Date of interview: ..... DO_FORM
___ ___ - ___ ___ - ___ ___
Month Day Year

Signature of interviewer: SIGN _____

ID number of interviewer: ..... ___ - ___ ___

OMB: 0925-0294
Expires 12/89
NGHS Form 12
Revision 1, 3/87
7 Pages

NHLBI GROWTH AND HEALTH STUDY

PHYSICAL ACTIVITY FORM - C

INTRODUCTION: Now I am going to ask you some questions about physical activities you take part in. Do you know what a physical activity is? Well, it is when you move your body such as in running, bike riding, and playing games like tag and tetherball.

1. About how often does your mother or female guardian take part in physical activities, like jogging, running, playing sports, or taking long walks?

(READ THE FIRST THREE CATEGORIES) **MOMJOG**

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3
No mother or female guardian	☐	4
I don't know	☐	5

2. About how often does your father or male guardian take part in physical activities, like jogging, running, playing sports, or taking long walks?

(READ THE FIRST THREE CATEGORIES) **DADJOG**

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3
No father or male guardian	☐	4
I don't know	☐	5

3. How often do you take part in physical activities with one or both of your parents, for example, playing ball, bike riding, taking long walks, swimming, or playing sports?

(READ THE FIRST THREE CATEGORIES) **PAREXER**

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3

4. How often do you take part in physical activities with one or more of your sisters or brothers, if you have one.

(READ THE FIRST THREE CATEGORIES)	SIBREXER
Never or hardly ever	☐ 1
Once or twice a week	☐ 2
Three or more times a week	☐ 3
Do not have one	☐ 4

5. Please tell me whether you agree with these statements:

		Yes	No	
A.	I play sports or very active games a lot	☐	☐	SPORTS
B.	Most of the time I would rather do other things than take part in physical activities	☐	☐	BETTHNG
C.	I am in a marching band, baton twirling or drill group	☐	☐	MARBAND
D.	I enjoy activities such as walking, playing ball, bike riding or skating	☐	☐	ENJOY
E.	Boys are much better at physical activities than girls	☐	☐	BOYBET
F.	I would rather play board games or video games than do outdoor activities	☐	☐	VIDEO
G.	I feel I am good at sports	☐	☐	GOODSPRT
H.	I believe that exercising keeps me healthy	☐	☐	HEALTHY
I.	I believe that exercising regularly helps me control my weight	☐	☐	CNTRLWT
J.	I get as much exercise or physical activity as I need	☐	☐	ENUFACT
K.	I am a cheerleader or a majorette	☐	☐	MAJORET

6. When you have recess at school what three things do you do most often? (List in order from most often to 2nd and 3rd most often.)

1 RECESS1 _____ 2 RECESS2 _____ 3 RECESS3 _____

7. Now, could you also tell me what three things you do most often after school:

(List:)

1 AFTSCH1 2 AFTSCH2 3 AFTSCH3

8. How often do you take part in (gym/P.E.) class or any other exercise class while you are in school?

(READ CATEGORIES)	GYM	
Less than once a week	☐	1
Once or twice a week	☐	2
3 or 4 times a week	☐	3
Every day	☐	4

9. Do you take any classes or lessons such as dance, gymnastics or swimming during the summer or during the school year? ..... ☐ YES ☐ NO CLASS

IF NO, GO TO QUESTION 11.

WRITE IN ALL CLASSES. PROBE ONLY PHYSICAL ACTIVITY CLASSES.

10. A. What classes or lessons do you take? (LIST ACROSS)

	1. CLASS1 Class	2. CLASS2 Class	3. CLASS3 Class	4. CLASS4 Class
B. How many times a week do you take it?	CLASWK1	CLASWK2	CLASWK3	CLASWK4
C. For how much of the year do you take it?	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

	5. CLASS5 Class	6. CLASS6 Class	7. CLASS7 Class	8. CLASS8 Class
B. How many times a week do you take it?	CLASWK5	CLASWK6	CLASWK7	CLASWK8
C. For how much of the year do you take it?	CLASSYR5	CLASSYR6	CLASSYR7	CLASSYR8
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

11. A. What sports or physical activities (other than these classes) do you do during the school year? This includes activities before school, after school, and on weekends.

	1. SPORT1 Activity	2. SPORT2 Activity	3. SPORT3 Activity
B. How often do you (INSERT ACTIVITY) when you do it? (Circle day, week or month.)	(Circle one) /day /week /month SPRTIME1 SPRTDWM1	(Circle one) /day /week /month SPRTIME2 SPRTDWM2	(Circle one) /day /week /month SPRTIME3 SPRTDWM3
C. Do you do (INSERT ACTIVITY):	SPRTYR1	SPRTYR2	SPRTYR3
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

	4. SPORT4 Activity	5. SPORT5 Activity	6. SPORT6 Activity
B. How often do you (INSERT ACTIVITY) when you do it? (Circle day, week or month.)	(Circle one) /day /week /month SPRTIME4 SPRTDWM4	(Circle one) /day /week /month SPRTIME5 SPRTDWM5	(Circle one) /day /week /month SPRTIME6 SPRTDWM6
C. Do you do (INSERT ACTIVITY):	SPRTYR4	SPRTYR5	SPRTYR6
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

12. A. What sports or physical activities (other than these classes) do you do during the summer?

	1. SUMPA1 Activity	2. SUMPA2 Activity	3. SUMPA3 Activity
B. How often do you (INSERT ACTIVITY) when you do it? (Circle day, week or month.)	(Circle one) /day /week /month SMPAAMT1 SMPAPER1	(Circle one) /day /week /month SMPAAMT2 SMPAPER2	(Circle one) /day /week /month SMPAAMT3 SMPAPER3
C. Do you do (INSERT ACTIVITY):	SUMPAYR1	SUMPAYR2	SUMPAYR3
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

	4. SUMPA4 Activity	5. SUMPA5 Activity	6. SUMPA6 Activity
B. How often do you (INSERT ACTIVITY) when you do it? (Circle day, week or month.)	(Circle one) /day /week /month SMPAAMT4 SMPAPER4	(Circle one) /day /week /month SMPAAMT5 SMPAPER5	(Circle one) /day /week /month SMPAAMT6 SMPAPER6
C. Do you do (INSERT ACTIVITY):	SUMPAYR4	SUMPAYR5	SUMPAYR6
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

13. CODER OR INTERVIEWER: FILL OUT AFTER THE CHILD HAS COMPLETED THE LAST PAGES.

From the information provided by the child on the TV and Video Card, how many hours (to the nearest half hour) does the child usually watch TV and videos during a week? ..... VIDTVWK ___ ___ ___ . ___

0925-0294 exp. 12/89

FTYPE
FREV

NGHS FORM 12
Rev. 2 1/89

NHLBI Growth And Health Study
Physical Activity Form - C

ID number of NGHS child: ..... ___-___ **RID** ___-___

Name code of NGHS child: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... **VISIT**

Please *PRINT* the child's full name:

First Name	Middle Initial	Last Name

0925-0294 exp. 12/89

NGHS FORM 12
Rev. 2 1/89
6 Pages

NHLBI Growth And Health Study
Physical Activity Patterns Form - C

ID						
NC						
VN						

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1. What is today's date? ..... **DO_FORM** ___ ___-___ ___-___ ___
   Month Day Year

INTRODUCTION: Now I am going to ask you some questions about physical activities you and your family take part in. Do you know what a physical activity is? Well, it is when you move your body such as in running, dancing, and playing games like tag and tetherball.

2. Think about your mother or the female guardian you live with. How often does she do physical activities, like jogging, running, playing sports, or taking long walks?

MOMJOG

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3
No mother or female guardian	☐	4
I don't know	☐	5

3. Think about your father or the male guardian you live with. How often does he do physical activities, like jogging, running, playing sports, or taking long walks?

DADJOG

Never or hardly ever	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3
No father or male guardian	☐	4
I don't know	☐	5

4. How often do you do physical activities with one or both parents or guardians who live with you, for example, playing ball, bike riding, taking long walks or swimming?

PAREXER

- Never or hardly ever ☐ 1
- Once or twice a week ☐ 2
- Three or more times a week ☐ 3

5. How often do you do physical activities with any of your sisters or brothers who live with you?

SIBREXER

- Never or hardly ever ☐ 1
- Once or twice a week ☐ 2
- Three or more times a week ☐ 3
- No sister or brothers ☐ 4

6. Please tell me if these statements are true for you:

	Yes	No	
A. I play sports or very active games a lot. Is that true for you?	☐	☐	**SPORTS**
B. Most of the time I would rather do *OTHER* things than exercise. Is that true for you?	☐	☐	**BETTHNG**
C. I am a cheerleader or a majorette	☐	☐	**MAJORET**
D. I am in a marching band, baton twirling or drill group	☐	☐	**MARBAND**
E. I enjoy activities such as walking, playing ball, bike riding or skating	☐	☐	**ENJOY**
F. Boys are much better at physical activities than girls	☐	☐	**BOYBET**
G. I would rather play board games or video games than do outdoor activities	☐	☐	**VIDEO**
H. I feel I am good at sports	☐	☐	**GOODSPRT**
I. I believe that exercising keeps me healthy	☐	☐	**HEALTHY**
J. I believe that exercising regularly helps me control my weight	☐	☐	**CNTRLWT**
K. I get as much exercise or physical activity as I need	☐	☐	**ENUFACT**

7. A. Do you have recess at school? ☐ Yes ☐ No **RECESS**

If *YES*, answer Question 7B.

B. When you have recess at school, what three things do you do most often? (Remember to put what you do most often in the first space.)

1. **RECESS1** _____
2. **RECESS2** _____
3. **RECESS3** _____

8. Now, could you also tell me what three things you do most often after school? (Remember to put what you do most often in the first space.)

1. **AFTSCH1** _____
2. **AFTSCH2** _____
3. **AFTSCH3** _____

9. When you are in school, how often do you take part in gym or P.E. class or any other exercise class (including dance)?

	GYM	
Less than once a week	☐	1
Once or twice a week	☐	2
Three or more times a week	☐	3
Once a day	☐	4
Two or more times a day	☐	5

10. When you are not in school, do you take any classes or lessons like dance, gymnastics or swimming (during the school year or during the summer)? ☐ Yes ☐ No **CLASS**

If *NO*, skip to Question 12.

11. A. What are these classes or lessons that are taught by an instructor outside of school or during the summer?

	CLASS1	CLASS2	CLASS3	CLASS4
	1. Class	2. Class	3. Class	4. Class
B. How many times a week do you take it?	CLASSWK1	CLASSWK2	CLASSWK3	CLASSWK4
Less than once a week	☐ 1	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3	☐ 3
C. For how much of the year do you take it?	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

	CLASS5	CLASS6	CLASS7	CLASS8
	5. Class	6. Class	7. Class	8. Class
B. How many times a week do you take it?	CLASSWK5	CLASSWK6	CLASSWK7	CLASSWK8
Less than once a week	☐ 1	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3	☐ 3
C. For how much of the year do you take it?	CLASSYR5	CLASSYR6	CLASSYR7	CLASSYR8
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

CODER OR INTERVIEWER: THIS QUESTION NEEDS Q BY Q TO CLARIFY THAT "THIS SUMMER" REFERS TO THE PAST (OR LAST) SUMMER

12. A. During the summer, what sports or physical activities (other than classes or lessons) do you do?

	SUMPA1	SUMPA2	SUMPA3
	1. Activity	2. Activity	3. Activity
B. How many times a week do you do it?	SUMPAWK1	SUMPAWK2	SUMPAWK3
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3
C. For how much of the summer do you do it?	SUMPAYR1	SUMPAYR2	SUMPAYR3
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

	SUMPA4	SUMPA5	SUMPA6
	4. Activity	5. Activity	6. Activity
B. How many times a week do you do it?	SUMPAWK4	SUMPAWK5	SUMPAWK6
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3
C. For how much of the summer do you do it?	SUMPAYR4	SUMPAYR5	SUMPAYR6
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

13. A. During the school year, what sports teams or other physical activities (other than classes or lessons) do you do? This includes activities before school, after school, and on weekends.

	SPORT1	SPORT2	SPORT3
	1. Activity	2. Activity	3. Activity
B. How many times a week do you do it?	SPRTWK1	SPRTWK2	SPRTWK3
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3
C. For how much of the school year do you do it?	SPRTYR1	SPRTYR2	SPRTYR3
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

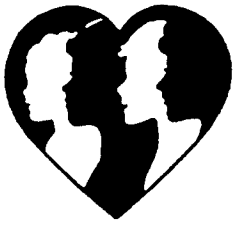
	SPORT4	SPORT5	SPORT6
	4. Activity	5. Activity	6. Activity
B. How many times a week do you do it?	SPRTWK4	SPRTWK5	SPRTWK6
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3
C. For how much of the school year do you do it?	SPRTYR4	SPRTYR5	SPRTYR6
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

14. CODER OR INTERVIEWER: FILL OUT AFTER THE CHILD HAS COMPLETED THE LAST PAGES.

From the information provided by the child on the TV and Video Card, how many hours (to the nearest hour) does the child usually watch TV and video during the week? . . . . . **VIDTVWK** ___ ___ ___.___

0925-0294
exp. 9/92

FTYPE NGHS Form 12
FREV Rev. 3 10/90



NHLBI GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl: ..... ___-___ **RID** ___-___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... **VISIT**

Date: ..... ___ ___ - **DO_FORM** - ___ ___
Month Day Year

Please **PRINT** the girl's full name:

First Name Middle Initial Last Name

We think this questionnaire will take about 12-15 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaire, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-H Herbert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.

0925-0294
exp. 9/92

NGHS Form 12
Rev. 3 10/90
6 Pages

NHLBI GROWTH AND HEALTH STUDY

PHYSICAL ACTIVITY PATTERNS FORM

ID							
NC							
VN							

INTRODUCTION: Now I am going to ask you some questions about physical activities you and your family take part in. A physical activity is when you move your body such as in running, dancing, and playing games.

1. Think about your mother or the female guardian you live with. How often does she do physical activities, like jogging, running, playing sports, or taking long walks?

MOMJOG

- Never or hardly ever ..... ☐ 1
- Once or twice a week ..... ☐ 2
- Three or more times a week ..... ☐ 3
- No mother or female guardian ..... ☐ 4
- I don't know ..... ☐ 5

2. Think about your father or the male guardian you live with. How often does he do physical activities, like jogging, running, playing sports, or taking long walks?

DADJOG

- Never or hardly ever ..... ☐ 1
- Once or twice a week ..... ☐ 2
- Three or more times a week ..... ☐ 3
- No father or male guardian ..... ☐ 4
- I don't know ..... ☐ 5

3. How often do you do physical activities with one or both parents or guardians who live with you, for example, playing ball, bike riding, taking long walks or swimming?

PAREXER

Never or hardly ever ..... ☐ 1
Once or twice a week ..... ☐ 2
Three or more times a week ..... ☐ 3

4. How often do you do physical activities with any of your sisters or brothers who live with you?

SIBREXER

Never or hardly ever ..... ☐ 1
Once or twice a week ..... ☐ 2
Three or more times a week ..... ☐ 3
No sisters or brothers ..... ☐ 4

5. Please tell me if these statements are true for you:

		Yes	No	
A.	I play sports or very active games a lot. Is that true for you?	☐	☐	SPORTS
B.	Most of the time I would rather do OTHER things than exercise. Is that true for you?	☐	☐	BETTHNG
C.	I am a cheerleader or a majorette	☐	☐	MAJORET
D.	I am in a marching band, baton twirling or drill group	☐	☐	MARBAND
E.	I enjoy activities such as walking, playing ball, bike riding or skating	☐	☐	ENJOY
F.	Boys are much better at physical activities than girls	☐	☐	BOYBET
G.	I would rather play board games or video games than do outdoor activities	☐	☐	VIDEO
H.	I feel I am good at sports	☐	☐	GOODSPRT
I.	I believe that exercising keeps me healthy	☐	☐	HEALTHY
J.	I believe that exercising regularly helps me control my weight	☐	☐	CNTRLWT
K.	I get as much exercise or physical activity as I need	☐	☐	ENUFACT

6. A. Do you have recess at school? ..... ☐ Yes ☐ No **RECESS**

If YES, answer Question 6B.

B. When you have recess at school, what three things do you do most often? (Remember to put what you do most often in the first space.)

1. **RECESS1** _____

2. **RECESS2** _____

3. **RECESS3** _____

7. Now, could you also tell me what three things you do most often after school? (Remember to put what you do most often in the first space.)

1. **AFTSCH1** _____

2. **AFTSCH2** _____

3. **AFTSCH3** _____

8. When you are in school, how often do you take part in gym or P.E. class or any other exercise class (including dance)?

GYM

Less than once a week	☐ 1
Once or twice a week	☐ 2
More than twice but less than five times a week ..	☐ 3
Once a day	☐ 4
Two or more times a day	☐ 5

9. When you are not in school, do you take any classes or lessons like dance, gymnastics or swimming (during the school year or during the summer)? ..... ☐ Yes ☐ No **CLASS**

If NO, skip to Question 11.

10. A. What are these classes or lessons that are taught by an instructor outside of school or during the summer?

	CLASS1	CLASS2	CLASS3	CLASS4
	1. Class	2. Class	3. Class	4. Class
B. How many times a week do you take it?	CLASSWK1	CLASSWK2	CLASSWK3	CLASSWK4
Less than once a week	☐ 1	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3	☐ 3
C. For how much of the year do you take it?	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

	CLASS5	CLASS6	CLASS7	CLASS8
	5. Class	6. Class	7. Class	8. Class
B. How many times a week do you take it?	CLASSWK5	CLASSWK6	CLASSWK7	CLASSWK8
Less than once a week	☐ 1	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3	☐ 3
C. For how much of the year do you take it?	CLASSYR5	CLASSYR6	CLASSYR7	CLASSYR8
Most of the year	☐ 1	☐ 1	☐ 1	☐ 1
About half of the year	☐ 2	☐ 2	☐ 2	☐ 2
For a small part of the year	☐ 3	☐ 3	☐ 3	☐ 3

CODER OR INTERVIEWER: THIS QUESTION NEEDS Q BY Q TO CLARIFY THAT "THIS SUMMER" REFERS TO THE PAST (OR LAST) SUMMER

11. A. During the summer, what sports or physical activities (other than classes or lessons) do you do?

	SUMPA1	SUMPA2	SUMPA3
	1. Activity	2. Activity	3. Activity

B. How many times a week do you do it?

	SUMPAWK1	SUMPAWK2	SUMPAWK3
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3

C. For how much of the summer do you do it?

	SUMPAYR1	SUMPAYR2	SUMPAYR3
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

	SUMPA4	SUMPA5	SUMPA6
	4. Activity	5. Activity	6. Activity

B. How many times a week do you do it?

	SUMPAWK4	SUMPAWK5	SUMPAWK6
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3

C. For how much of the summer do you do it?

	SUMPAYR4	SUMPAYR5	SUMPAYR6
Most of the summer	☐ 1	☐ 1	☐ 1
About half of the summer	☐ 2	☐ 2	☐ 2
For a small part of the summer	☐ 3	☐ 3	☐ 3

12. A. During the school year. what sports teams or other physical activities (other than classes or lessons) do you do? This includes activities before school, after school, and on weekends.

	SPORT1	SPORT2	SPORT3
	1. Activity	2. Activity	3. Activity

B. How many times a week do you do it?

	SPRTWK1	SPRTWK2	SPRTWK3
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3

C. For how much of the school year do you do it?

	SPRTYR1	SPRTYR2	SPRTYR3
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

CONTINUE HERE:

	SPORT4	SPORT5	SPORT6
	4. Activity	5. Activity	6. Activity

B. How many times a week do you do it?

	SPRTWK4	SPRTWK5	SPRTWK6
Less than once a week	☐ 1	☐ 1	☐ 1
Once or twice a week	☐ 2	☐ 2	☐ 2
3 or more times a week	☐ 3	☐ 3	☐ 3

C. For how much of the school year do you do it?

	SPRTYR4	SPRTYR5	SPRTYR6
Most of the school year	☐ 1	☐ 1	☐ 1
About half of the school year	☐ 2	☐ 2	☐ 2
For a small part of the school year	☐ 3	☐ 3	☐ 3

13. CODER OR INTERVIEWER: FILL OUT AFTER THE GIRL HAS COMPLETED THE LAST PAGES.

From the information provided by the girl on the TV and Video Card, how many hours (to the nearest hour) does she usually watch TV and video during the week? ..... VIDTVWK ___ ___ ___.___

FTYPE NGHS Form 12
FREV Rev. 4 1/93

GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

This form is to be completed by the NGHS girl.

ID number of NGHS girl: ..... ___ - ___ **RID** ___ - ___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... **VISIT**

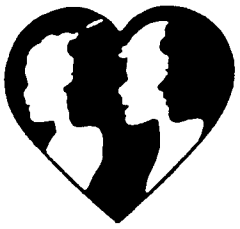
Date: ..... **DO_FORM**

Month	Day	Year
___ ___	___ ___	___ ___

Please **PRINT** your full name:

First Name	Middle Initial	Last Name

NGHS Form 12
Rev. 4 1/93
5 Pages



GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID							
NC							
VN							

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1. How often do **your parent(s) or guardian(s) that you live with** do physical activities?

	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One	
A. Mother or Female Guardian . .	☐	☐	☐	☐	**MOMJOG2**
B. Father or Male Guardian	☐	☐	☐	☐	**DADJOG2**

2. How often do **you** do physical activities with **family members that you live with?**

	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One	
A. Parent or Guardian	☐	☐	☐	☐	**PAREXER2**
B. Sister or Brother	☐	☐	☐	☐	**SIBREXER**

3. How often do **you** do physical activities **with** one or more of **your friends**?

Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	
☐	☐	☐	**FRNDEXER**

4. How many of **your friends** do physical activities on a regular basis?

Most or All Of Them	Some of Them	None of Them	
☐	☐	☐	**FRNDJOG**

5. Are the following statements true for you?

		Yes	No	
A.	I play sports or very active games a lot	☐	☐	**SPORTS**
B.	Most of the time I would rather do **OTHER** things than exercise	☐	☐	**BETTHNG**
C.	I am a cheerleader or a majorette	☐	☐	**MAJORET**
D.	I take part in a marching band, or in a baton twirling, drill, or pompom group	☐	☐	**MARBAND**
E.	Boys are much better at physical activities than girls	☐	☐	**BOYBET**
F.	I would rather play board games or video games than do outdoor activities	☐	☐	**VIDEO**
G.	I feel I am good at sports	☐	☐	**GOODSPRT**
H.	I believe that exercising regularly helps me control my weight	☐	☐	**CNTRLWT**
I.	I get as much exercise or physical activity as I need	☐	☐	**ENUFACT**
J.	I get a lot of exercise from dancing	☐	☐	**EXERDANC**

6. Would you say that you are: (Mark one box only.)

ACTVLEVL

- Less active than most girls your age? ☐ 1
- About as active as most girls your age? ☐ 2
- More active than most girls your age? ☐ 3

7. When you are in school how often do you take part in gym or P.E. class or any other exercise class (including dance)? Include both this semester and last semester in your answer.

GYM2

- Less than once a week ☐ 1
- Once or twice a week ☐ 2
- Three or four times a week ☐ 3
- Once a day ☐ 4
- Two or more times a day ☐ 5
- I am not in school at this time ☐ 8

8. Do you have a job outside the home? ☐ Yes ☐ No **OUTJOB**

If YES, answer Questions A and B.

A. How many hours **a week** do you usually work at this job? **JOBHR** Hours each week

B. How much time do you usually spend at this job doing the following:

1. Sitting or standing **JOBSIT** Hours each week
2. Hard physical work **JOBHARD** Hours each week

9. Do you do household chores? ☐ Yes ☐ No **CHORES**

If YES, answer Question A.

A. How many hours a week do you usually spend doing household chores? **CHORHR** Hours each week

10. To what extent are the following statements true for you?

I don't do physical activities because:	Usually or Always True	Sometimes True	Never or Almost Never True	
A. I don't look good when I do them.	☐	☐	☐	**NOLOOK**
B. I'm not interested in them.	☐	☐	☐	**NOINTRST**
C. I don't have enough time.	☐	☐	☐	**NOTIME**
D. I don't have enough energy.	☐	☐	☐	**NOENERGY**
E. There's no one to do them with me.	☐	☐	☐	**NOONE**
F. I have to stay in the house.	☐	☐	☐	**STAYHS**
G. They aren't fun.	☐	☐	☐	**NOFUN**
H. I'm not good at them.	☐	☐	☐	**NOGOOD**
I. I'm afraid of getting hurt.	☐	☐	☐	**MAYHURT**

11. During the **school year or during the summer**, do you take any **classes or lessons** like dance, gymnastics or swimming that are taught by an instructor outside of school or during the summer . . . . . ☐ Yes ☐ No **CLASS**

What are the Classes or Lessons?	1. How Many Times A Week Do You Do It?			2. For How Much of the Year Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the year	About half the year	For a small part of the year
A. **CLASS1** Class		**CLASSWK1**			**CLASSYR1**	
B. **CLASS2** Class		**CLASSWK2**			**CLASSYR2**	
C. **CLASS3** Class		**CLASSWK3**			**CLASSYR3**	
D. **CLASS4** Class		**CLASSWK4**			**CLASSYR4**	
E. **CLASS5** Class		**CLASSWK5**			**CLASSYR5**	

12. During the **school year** do you participate in any **sports teams or other physical activities** (other than classes or lessons)? This includes activities before school, after school, and on weekends. . . . . ☐ Yes ☐ No **SPORT**

What are the Sports or Physical Activities?	1. How Many Times A Week Do You Do It?			2. For How Much of the School Year Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the school year	About half the school year	For a small part of the school year
A. **SPORT1** Sport or Physical Activity		**SPRTWK1**			**SPRTYR1**	
B. **SPORT2** Sport or Physical Activity		**SPRTWK2**			**SPRTYR2**	
C. **SPORT3** Sport or Physical Activity		**SPRTWK3**			**SPRTYR3**	
D. **SPORT4** Sport or Physical Activity		**SPRTWK4**			**SPRTYR4**	
E. **SPORT5** Sport or Physical Activity		**SPRTWK5**			**SPRTYR5**	

13. During the **summer** do you participate in any **sports or physical activities** (other than classes or lessons)? . . . . . ☐ Yes ☐ No **SUMMER**

What are the Sports or Physical Activities?	1. How Many Times A Week Do You Do It?			2. For How Much of the Summer Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the summer	About half the summer	For a small part of the summer
A. **SUMPA1** Sport or Physical Activity		**SUMPAWK1**			**SUMPAYR1**	
B. **SUMPA2** Sport or Physical Activity		**SUMPAWK2**			**SUMPAYR2**	
C. **SUMPA3** Sport or Physical Activity		**SUMPAWK3**			**SUMPAYR3**	
D. **SUMPA4** Sport or Physical Activity		**SUMPAWK4**			**SUMPAYR4**	
E. **SUMPA5** Sport or Physical Activity		**SUMPAWK5**			**SUMPAYR5**	

14. Please estimate the number of **hours** you **usually** spend watching TV per day (Be sure to include rented videos, MTV, BET, etc.)

VIDTVWK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. Morning (6 am to 12 noon)	**TVMON1**	**TVTUE1**	**TVWED1**	**TVTHR1**	**TVFRI1**	**TVSAT1**	**TVSUN1**
B. Afternoon (12 noon to 6 pm)	**TVMON2**	**TVTUE2**	**TVWED2**	**TVTHR2**	**TVFRI2**	**TVSAT2**	**TVSUN2**
C. Nighttime (6 pm to 6 am)	**TVMON3**	**TVTUE3**	**TVWED3**	**TVTHR3**	**TVFRI3**	**TVSAT3**	**TVSUN3**

Thank you very much for answering these questions.

FTYPE NGHS Form 12
FREV Rev. 5 4/94

GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl: ..... __ - __ **RID** __ - __

Name code of NGHS girl: ..... __ __ __ __ __ __

Visit number: ..... **VISIT**

Date: ..... **DO_FORM**
__ __ - __ __ - __ __
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

NGHS Form 12
Rev. 5 4/94
8 Pages

GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID							
NC							
VN							

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1. How often do **your parent(s) or guardian(s) that you live with** do physical activities?

	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One	
A. Mother or Female Guardian . .	☐	☐	☐	☐	**MOMJOG2**
B. Father or Male Guardian	☐	☐	☐	☐	**DADJOG2**

2. How often do **you** do physical activities with **family members that you live with**?

	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One	
A. Parent or Guardian	☐	☐	☐	☐	**PAREXER2**
B. Sister or Brother	☐	☐	☐	☐	**SIBREXER**

3. How often do **you** do physical activities **with** one or more of **your friends**?

Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	
☐	☐	☐	**FRNDEXER**

4. How many of **your friends** play sports or very active games at least three times a week?

Most of Them	Some of Them	None of Them	
☐	☐	☐	**FRNDJOG**

5. Are the following statements true for you?

		Yes	No	
A.	I play sports or very active games a lot	☐	☐	**SPORTS**
B.	Most of the time I would rather do **OTHER** things than exercise	☐	☐	**BETTHNG**
C.	I am a cheerleader or a majorette	☐	☐	**MAJORET**
D.	I take part in a marching band, or in a baton twirling, drill, or pompom group	☐	☐	**MARBAND**
E.	Boys are much better at physical activities than girls	☐	☐	**BOYBET**
F.	I would rather play board games or video games than do outdoor activities	☐	☐	**VIDEO**
G.	I feel I am good at sports	☐	☐	**GOODSPRT**
H.	I believe that exercising regularly helps me control my weight	☐	☐	**CNTRLWT**
I.	I get as much exercise or physical activity as I need	☐	☐	**ENUFACT**
J.	I get a lot of exercise from dancing	☐	☐	**EXERDANC**
K.	I would rather ride in an elevator than walk up steps	☐	☐	**ELEVATE**

6. Would you say that you are: (Mark one box only.)

ACTVLEVL

- Less active than most girls your age? ☐ 1
- About as active as most girls your age? ☐ 2
- More active than most girls your age? ☐ 3

7. Do you have a job (paid or volunteer)? ☐ Yes ☐ No **OUTJOBPV**

If YES, answer Questions A, B and C.

A. At this job, how many hours **a week** do you **usually work**? **JOBHR2** Hours a week

B. At this job, how many hours **a week** do you usually spend **sitting**? **JOBSIT2** Hours a week

C. At this job, when you are **not sitting**, how do you spend **most** of your time?

(Please check one). **JOBMOST**

- Standing, cooking, or light cleaning ☐ 1
- Walking, heavy cleaning, or gardening ☐ 2
- Shoveling, mowing, carrying heavy loads or a small child ☐ 3
- Other activities (please specify): **JOBMSTRM** ☐ 4

8. Do you do household chores? ☐ Yes ☐ No **CHORES**

If YES, answer Questions A and B.

A. How many hours **a week** do you **usually** spend doing household chores? **CHORHR** Hours a week

B. When doing household chores, how do you spend **most** of your time?

(Please check one). **CHORMOST**

- Activities such as dishwashing, cooking, dusting or doing laundry ☐ 1
- Activities such as vacuuming, mopping, gardening or walking a pet ☐ 2
- Activities such as mowing, shoveling, carrying heavy loads or a small child, or scrubbing floors ☐ 3
- Other activities (please specify): **CHORMSRM** ☐ 4

9. In the past 7 days, about how many minutes each day did you exercise or participate in sports activities in which you worked up a sweat or got out of breath, such as jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activites? (Write in the time for each day below, If you did not exercise or participate in sports on one or more days, write "0" minutes for that day. DO NOT INCLUDE TIME SPENT IN GYM OR PE CLASS).

	Minutes
A. Sunday	**EXERMINA**
B. Monday	**EXERMINB**
C. Tuesday	**EXERMINC**
D. Wednesday	**EXERMIND**
E. Thursday	**EXERMINE**
F. Friday	**EXERMINF**
G. Saturday	**EXERMING**

10. In general, how many times a day do you climb **UP** the stairs? (Include stairs you climb inside your house, outside your house, at school, and everywhere else you go)

	Times a Day
A. 1 - 5 steps	**UPSTEPA**
B. 6 - 9 steps	**UPSTEPB**
C. 10 or more steps	**UPSTEPC**

11. In general, how often do you do physical activites like dancing, exercising, or sports?

(Please check one).

FREQPHYS

Very Often **(5 or more time a week)**	☐ 1
Often **(3-4 times a week)**	☐ 2
Sometimes **(1-2 times a week)**	☐ 3
Rarely **(less than once a week or never)**	☐ 4

If you answered "Sometimes" or "Rarely" above, please answer Question 12:

12. **I sometimes or rarely do physical activities like dancing, exercising, or sports because:**
(Please check YES or NO after each of the following statements.)

		Yes	No	
A.	I look bad when I do them	☐	☐	**NOLOOK2**
B.	They don't interest me	☐	☐	**NOINT2**
C.	I don't have time	☐	☐	**NOTIME2**
D.	I'm too tired	☐	☐	**NOENERG2**
E.	I'd have to do them alone	☐	☐	**NOONE2**
F.	I'm bad at them	☐	☐	**BADPHYS**
G.	I might get hurt	☐	☐	**GETHURT**
H.	There's no place to do them	☐	☐	**NOPLACE**
I.	It's not safe to go outside	☐	☐	**NOTSAFE**
J.	I have a long-standing medical condition or disability	☐	☐	**DISABLE**

13. Please estimate the number of **hours** you **usually** spend watching TV each day (Be sure to include rented videos, MTV, BET, etc.)

VIDTVWK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. Morning (6 am to 12 noon)	**TVMON1**	**TVTUE1** / **TVTUE2**	**TVWED1**	**TVTHR1** / **TVTHR2**	**TVFRI1**	**TVSAT1** / **TVSAT2**	**TVSUN1**
B. Afternoon (12 noon to 6 pm)	**TVMON2**	**TVTUE3**	**TVWED2**	**TVTHR3**	**TVFRI2**	**TVSAT3**	**TVSUN2**
C. Nighttime (6 pm to 6 am)	**TVMON3**		**TVWED3**		**TVFRI3**		**TVSUN3**

14. During the **school year or during the summer**, do you take any **classes or lessons** like dance, gymnastics or swimming that are taught by an instructor outside of school or during the summer ..... ☐ Yes ☐ No **CLASS**

What are the Classes or Lessons?	1. How Many Times A Week Do You Do It?			2. For How Much of the Year Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the year	About half the year	For a small part of the year
A. **CLASS1** Class	**CLASSWK1**				**CLASSYR1**	
B. **CLASS2** Class	**CLASSWK2**				**CLASSYR2**	
C. **CLASS3** Class	**CLASSWK3**				**CLASSYR3**	
D. **CLASS4** Class	**CLASSWK4**				**CLASSYR4**	
E. **CLASS5** Class	**CLASSWK5**				**CLASSYR5**	

15. During the **school year** do you participate in any **sports teams or other physical activities** (other than classes or lessons)? This includes activities before school, after school, and on weekends. . . . . ☐ Yes ☐ No **SPORT**

What are the Sports or Physical Activities?	1. How Many Times A Week Do You Do It?			2. For How Much of the School Year Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the school year	About half the school year	For a small part of the school year
A. **SPORT1** Sport or Physical Activity		**SPRTWK1**			**SPRTYR1**	
B. **SPORT2** Sport or Physical Activity		**SPRTWK2**			**SPRTYR2**	
C. **SPORT3** Sport or Physical Activity		**SPRTWK3**			**SPRTYR3**	
D. **SPORT4** Sport or Physical Activity		**SPRTWK4**			**SPRTYR4**	
E. **SPORT5** Sport or Physical Activity		**SPRTWK5**			**SPRTYR5**	

16. During the **summer** do you participate in any **sports or physical activities** (other than classes or lessons)? . . . . . ☐ Yes ☐ No **SUMMER**

What are the Sports or Physical Activities?	1. How Many Times A Week Do You Do It?			2. For How Much of the Summer Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the summer	About half the summer	For a small part of the summer
A. **SUMPA1** Sport or Physical Activity		**SUMPAWK1**			**SUMPAYR1**	
B. **SUMPA2** Sport or Physical Activity		**SUMPAWK2**			**SUMPAYR2**	
C. **SUMPA3** Sport or Physical Activity		**SUMPAWK3**			**SUMPAYR3**	
D. **SUMPA4** Sport or Physical Activity		**SUMPAWK4**			**SUMPAYR4**	
E. **SUMPA5** Sport or Physical Activity		**SUMPAWK5**			**SUMPAYR5**	

17. Please look at the list of sports and other activities below. Are there any you do during the school year or summer but **did not include** in questions 14-16 on this form? If **YES**, please write them in the space below.

Aerobics
Archery
Badminton
Basketball
Bicycling
Bowling
Canoeing
Cheerleading
Dancing
Drill Team
Field Hockey
Football
Frisbee
Golf
Gymnastics
Horseback Riding
Ice Skating
Jogging
Lacrosse
Martial Arts
Racquetball
Rollerblading
Roller Skating
Rope Jumping
Rowing Machine
Running
Skateboarding
Skiing (Cross Country)
Skiing (Downhill)
Soccer
Softball
Stairmaster/Stairs
Swimming
Tennis
Track
Volleyball
Walking (For Exercise)
Weight Training

What are the Sports or Physical Activities?	1. How Many Times **A Week** Do You Do It?			2. For How Much of the **School Year** Do You Do It?			3. For How Much of the **Summer** Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the school year	About half the school year	For a small part of the school year	Most of the summer	About half the summer	For a small part of the summer
A. **ALSO1** Sport or Physical Activity	**ALSOWK1**				**ALSOYR1A**			**ALSOYR1B**	
B. **ALSO2** Sport or Physical Activity	**ALSOWK2**				**ALSOYR2A**			**ALSOYR2B**	
C. **ALSO3** Sport or Physical Activity	**ALSOWK3**				**ALSOYR3A**			**ALSOYR3B**	
D. **ALSO4** Sport or Physical Activity	**ALSOWK4**				**ALSOYR4A**			**ALSOYR4B**	
E. **ALSO5** Sport or Physical Activity	**ALSOWK5**				**ALSOYR5A**			**ALSOYR5B**	

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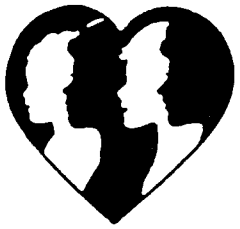
FREV Rev. 6 01/95



GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl: ..... __ - __ __ __ __ - __ **RID**

Name code of NGHS girl: ..... __ __ __ __ __ __

Visit number: ..... **VISIT**

Date: ..... **DO_FORM**
__ __ - __ __ - __ __
Month Day Year

Please **PRINT** your full name:

_____ _____ _____
First Name Middle Initial Last Name

NGHS Form 12
Rev. 6 01/95
6 Pages

GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID							
NC							
VN							

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1. How often do **you** do physical activities **with** one or more of **your friends**?

Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	
☐	☐	☐	**FRNDEXER**

2. How many of **your friends** play sports or very active games at least three times a week?

Most of Them	Some of Them	None of Them	
☐	☐	☐	**FRNDJOG**

3. Are the following statements true for you?

		Yes	No	
A.	I play sports or very active games a lot	☐	☐	**SPORTS**
B.	Most of the time I would rather do **OTHER** things than exercise	☐	☐	**BETTHNG**
C.	I take part in a marching band, or in a baton twirling, drill, or pompom group	☐	☐	**MARBAND**
D.	Young men my age are much better at physical activities than young women my age	☐	☐	**BOYBET**
E.	I would rather play board games or video games than do outdoor activities	☐	☐	**VIDEO**
F.	I feel I am good at sports	☐	☐	**GOODSPRT**
G.	I believe that exercising regularly helps me control my weight	☐	☐	**CNTRLWT**
H.	I get as much exercise or physical activity as I need	☐	☐	**ENUFACT**
I.	I get a lot of exercise from dancing	☐	☐	**EXERDANC**
J.	I would rather ride in an elevator than walk up steps	☐	☐	**ELEVATE**
K.	I take PE or gym class at school	☐	☐	**TAKEPE**
L.	I am on a sports team	☐	☐	**SPORTM**

4. Would you say that you are: (Mark one box only.)

ACTVLEVL

- Less active than most young women your age? ☐ 1
- About as active as most young women your age? ☐ 2
- More active than most young women your age? ☐ 3

OUTJOBPV

5. Do you have a job (paid or volunteer)? ☐ Yes ☐ No

If YES, answer Questions A, B and C.

A. How many hours **a week** do you **usually work** at your job(s)? **JOBHR2** Hours a week

B. How many hours **a week** do you usually spend **sitting** at your job(s)? **JOBSIT2** Hours a week

C. When you are **not sitting**, how do you spend **most** of your time at your job(s)?

(Please check one).

JOBMOST2

- I always sit ☐ 1
- Standing, cooking, or light cleaning ☐ 2
- Walking, heavy cleaning, or gardening ☐ 3
- Carrying heavy loads or a small child, or mowing ☐ 4
- Other activities (please specify): **JBMSTRM2** ☐ 5

6. Do you do household chores? ☐ Yes ☐ No **CHORES**

If YES, answer Questions A and B.

A. How do you spend **most** of your time when doing household chores? DO NOT INCLUDE dishwashing, cooking, and laundry. (Please check one.)

Activities such as: **CHORMST2**

1. Vacuuming, sweeping, or mopping ☐ 1
2. Scrubbing floors or carrying a child ☐ 2
3. Gardening, raking, or walking a pet ☐ 3
4. Mowing ☐ 4
5. Other activities (please specify): **CHRMSRM2** ☐ 5

B. How many hours **a week** do you **usually** spend doing **all** the different household chores listed above in Part A? DO NOT INCLUDE dishwashing, cooking, or laundry. **CHORHR2** Hours a week

7. In the past 7 days, **about** how many minutes each day did you **WORK UP A SWEAT OR GET OUT OF-BREATH** by doing the following: (DO NOT INCLUDE TIME SPENT IN PE OR GYM CLASS.)

- Exercising (such as running, exercise bike, or aerobics).
  or
- Participating in sports activities (such as fast dancing, soccer, or basketball).

Write in the time below. If you did not do any activity that made you work up a sweat or get out of breath on one or more days, write "0" minutes for that day.

Minutes

A. Sunday **EXERMINA**
B. Monday **EXERMINB**
C. Tuesday **EXERMINC**
D. Wednesday **EXERMIND**
E. Thursday **EXERMINE**
F. Friday **EXERMINF**
G. Saturday **EXERMING**

8. On an average weekday, **about** how many times do you climb **UP** a flight of stairs? **UPSTEP**
(1 flight = 10 steps)

9. In general, how often do you do physical activites like dancing, exercising, or sports? (Please check one).

FREQPHYS

Very Often **(5 or more time a week)** ☐ 1
Often **(3-4 times a week)** ☐ 2
Sometimes **(1-2 times a week)** ☐ 3
Rarely **(less than once a week or never)** ☐ 4

If you sometimes or rarely do physical activities, please answer Question 10, otherwise go to Question 11.

10. **I do physical activities sometimes or rarely because:**
(Please check YES or NO after each of the following statements.)

		Yes	No	
A.	I look bad when I do them	☐	☐	**NOLOOK2**
B.	They don't interest me	☐	☐	**NOINT2**
C.	I don't have time	☐	☐	**NOTIME2**
D.	I'm too tired	☐	☐	**NOENERG2**
E.	I'd have to do them alone	☐	☐	**NOONE2**
F.	I'm bad at them	☐	☐	**BADPHYS**
G.	I might get hurt	☐	☐	**GETHURT**
H.	There's no place to do them	☐	☐	**NOPLACE**
I.	It's not safe to go outside	☐	☐	**NOTSAFE**
J.	I have a long-standing medical condition or disability	☐	☐	**DISABLE**

11. Please estimate the number of **hours** you **usually** spend watching TV each day (Be sure to include rented videos, MTV, BET, etc.)

VIDTVWK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. Morning (6 am to 12 noon)	**TVMON1**	**TVTUE1** _____	**TVWED1**	**TVTHR1** _____	**TVFRI1**	**TVSAT1** _____	**TVSUN1**
B. Afternoon (12 noon to 6 pm)	**TVMON2**	**TVTUE2** _____	**TVWED2**	**TVTHR2** _____	**TVFRI2**	**TVSAT2** _____	**TVSUN2**
C. Nighttime (6 pm to 6 am)	**TVMON3**	**TVTUE3** _____	**TVWED3**	**TVTHR3** _____	**TVFRI3**	**TVSAT3** _____	**TVSUN3**

12. During the **SUMMER** months (June through August) do you:

- do any physical activities,
- participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

SUMACT

☐ Yes ☐ No

If YES, please write them in the space below; otherwise skip to Question 13.

Do not include activities done during P.E. or GYM class at school.

What are the Sports, Physical Activities or Classes?	1. How Many Times A Week Do You Do It?			2. For How Much of the Summer Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. **SMACT1** Sport, Physical Activity or Class		**SMACTWK1**			**SMACTYR1**	
B. **SMACT2** Sport, Physical Activity or Class		**SMACTWK2**			**SMACTYR2**	
C. **SMACT3** Sport, Physical Activity or Class		**SMACTWK3**			**SMACTYR3**	
D. **SMACT4** Sport, Physical Activity or Class		**SMACTWK4**			**SMACTYR4**	
E. **SMACT5** Sport, Physical Activity or Class		**SMACTWK5**			**SMACTYR5**	
F. **SMACT6** Sport, Physical Activity or Class		**SMACTWK6**			**SMACTYR6**	
G. **SMACT7** Sport, Physical Activity or Class		**SMACTWK7**			**SMACTYR7**	
H. **SMACT8** Sport, Physical Activity or Class		**SMACTWK8**			**SMACTYR8**	
I. **SMACT9** Sport, Physical Activity or Class		**SMACTWK9**			**SMACTYR9**	

13. During the **REST OF THE YEAR** (September through May) do you:

- do any physical activities,
- participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

RSTACT

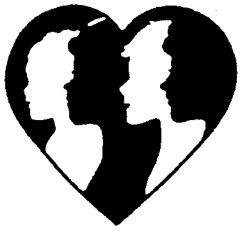
☐ Yes ☐ No

If YES, please write them in the space below.

Do not include activities done during P.E. or GYM class at school.

What are the Sports, Physical Activities or Classes?	1. How Many Times A Week Do You Do It?			2. For How Much of the 9 Months Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. **RSACT1** Sport, Physical Activity or Class		**RSACTWK1**			**RSACTYR1**	
B. **RSACT2** Sport, Physical Activity or Class		**RSACTWK2**			**RSACTYR2**	
C. **RSACT3** Sport, Physical Activity or Class		**RSACTWK3**			**RSACTYR3**	
D. **RSACT4** Sport, Physical Activity or Class		**RSACTWK4**			**RSACTYR4**	
E. **RSACT5** Sport, Physical Activity or Class		**RSACTWK5**			**RSACTYR5**	
F. **RSACT6** Sport, Physical Activity or Class		**RSACTWK6**			**RSACTYR6**	
G. **RSACT7** Sport, Physical Activity or Class		**RSACTWK7**			**RSACTYR7**	
H. **RSACT8** Sport, Physical Activity or Class		**RSACTWK8**			**RSACTYR8**	
I. **RSACT9** Sport, Physical Activity or Class		**RSACTWK9**			**RSACTYR9**	

FTYPE NGHS Form 12
FREV Rev. 7 01/96



GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl: ..... ___ - ___ **RID** ___ - ___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... **VISIT**

Date: ..... **DO_FORM**

___ ___ - ___ ___ - ___ ___
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

NGHS Form 12
Rev. 7 01/96
6 Pages

GROWTH AND HEALTH STUDY
PHYSICAL ACTIVITY PATTERNS FORM
REVISED - YEAR 10

ID							
NC							
VN							

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1. Are the following statements true for you?

		Yes	No	
A.	I play sports or very active games a lot	☐	☐	**SPORTS**
B.	Most of the time I would rather do **other** things than exercise	☐	☐	**BETTHNG**
C.	I feel I am good at sports	☐	☐	**GOODSPRT**
D.	I believe that exercising regularly helps me control my weight	☐	☐	**CNTRLWT**
E.	I get as much exercise or physical activity as I need	☐	☐	**ENUFACT**
F.	I get a lot of exercise from dancing	☐	☐	**EXERDANC**
G.	I would rather ride in an elevator than walk up steps	☐	☐	**ELEVATE**
H.	I am on a sports team	☐	☐	**SPORTM**

2. Would you say that you are: (Mark one box only.) **ACTVLEVL**

Less active than most young women your age? ☐ 1

About as active as most young women your age? ☐ 2

More active than most young women your age? ☐ 3

3. Do you have a job (paid or volunteer)? . . . . . **OUTJOBPV** ☐ Yes ☐ No

If YES, answer Questions A, B and C.

A. How many hours **a week** do you **usually work** at your job(s)? . . . . . **JOBHR2** ___ ___ . ___ Hours a week

B. How many hours **a week** do you usually spend **sitting** at your job(s)? . . . . . **JOBSIT2** ___ ___ . ___ Hours a week

C. When you are **not sitting**, how do you spend **most** of your time at your job(s)? (Please check one.)

JOBMOST2

- I always sit . . . . . ☐ 1
- Standing, cooking, or light cleaning . . . . . ☐ 2
- Walking, heavy cleaning, or gardening . . . . . ☐ 3
- Carrying heavy loads or a small child, or mowing . . . . . ☐ 4
- Other activities (please specify): **JBMSTRM2** _____ ☐ 5

4. Do you do household chores? . . . . . **CHORES** ☐ Yes ☐ No
Do not include dishwashing, cooking, and laundry.

If YES, answer Questions A and B.

A. How do you spend **most** of your time when doing household chores? (Please check one.)

Activities such as:

CHORMST2

1. Vacuuming, sweeping, or mopping . . . . . ☐ 1
2. Scrubbing floors or carrying a child . . . . . ☐ 2
3. Gardening, raking, or walking a pet . . . . . ☐ 3
4. Mowing . . . . . ☐ 4
5. Other activities (please specify): **CHRMSRM2** _____ ☐ 5

B. How many hours **a week** do you **usually** spend doing **all** the different household chores listed above in Part A? . . . . . **CHORHR2** ___ ___ . ___ Hours a week

5. In the past 7 days, **about** how many minutes each day did you **work up a sweat or get out of breath** by doing the following: (Do not include time spent in PE or gym class.)

   - Exercising (such as running, exercise bike, or aerobics).

   or

   - Participating in sports activities (such as fast dancing, soccer, or basketball).

   Write in the time below. If you did not do any activity that made you work up a sweat or get out of breath on one or more days, write "0" minutes for that day.

		Minutes
A.	Sunday	**EXERMINA**
B.	Monday	**EXERMINB**
C.	Tuesday	**EXERMINC**
D.	Wednesday	**EXERMIND**
E.	Thursday	**EXERMINE**
F.	Friday	**EXERMINF**
G.	Saturday	**EXERMING**

6. On an average weekday, **about** how many times do you climb **UP** a flight of stairs? ..... **UPSTEP**
   (1 flight = 10 steps)

7. On an average weekday, **about** how many city blocks do you walk?
   (Include only walking outdoors.) ..... **WALKBLOK**

8. In general, how often do you do physical activites like dancing, exercising, or sports?
   (Please check one.)

	FREQPHYS
Very Often **(5 or more times a week)**	☐ 1
Often **(3-4 times a week)**	☐ 2
Sometimes **(1-2 times a week)**	☐ 3
Rarely **(less than once a week or never)**	☐ 4

If you sometimes or rarely do physical activities, please answer Question 9, otherwise go to Question 10.

9. **I do physical activities sometimes or rarely because:**
(Please check yes or no after each of the following statements.)

		Yes	No	
A.	I look bad when I do them	☐	☐	**NOLOOK2**
B.	They don't interest me	☐	☐	**NOINT2**
C.	I don't have time	☐	☐	**NOTIME2**
D.	I'm too tired	☐	☐	**NOENERG2**
E.	I'd have to do them alone	☐	☐	**NOONE2**
F.	I'm bad at them	☐	☐	**BADPHYS**
G.	I might get hurt	☐	☐	**GETHURT**
H.	There's no place to do them	☐	☐	**NOPLACE**
I.	It's not safe to go outside	☐	☐	**NOTSAFE**
J.	I have a long-standing medical condition or disability	☐	☐	**DISABLE**

10. Please estimate the number of **hours** you **usually** spend watching TV each day (Be sure to include rented videos, MTV, BET, etc.) **VIDTVWK**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A. Morning (6 am to 12 noon)	**TVMON1** __.__	**TVTUE1** __.__	**TVWED1** __.__	**TVTHR1** __.__	**TVFRI1** __.__	**TVSAT1** __.__	**TVSUN1** __.__
B. Afternoon (12 noon to 6 pm)	**TVMON2** __.__	**TVTUE2** __.__	**TVWED2** __.__	**TVTHR2** __.__	**TVFRI2** __.__	**TVSAT2** __.__	**TVSUN2** __.__
C. Nighttime (6 pm to 6 am)	**TVMON3** __.__	**TVTUE3** __.__	**TVWED3** __.__	**TVTHR3** __.__	**TVFRI3** __.__	**TVSAT3** __.__	**TVSUN3** __.__

11. During the **summer** months (June through August) do you:

- do any physical activities,
- participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

SUMACT

☐ Yes ☐ No

If yes, please write them in the space below; otherwise skip to Question 12.

Do not include activities done during P.E. or GYM class at school.

What are the Sports, Physical Activities or Classes?	1. How Many Times A Week Do You Do It?			2. For How Much of the Summer Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most of the Summer	Half of the Summer	Small Part of the Summer
A. **SMACT1** Sport, Physical Activity or Class		**SMACTWK1**			**SMACTYR1**	
B. **SMACT2** Sport, Physical Activity or Class		**SMACTWK2**			**SMACTYR2**	
C. **SMACT3** Sport, Physical Activity or Class		**SMACTWK3**			**SMACTYR3**	
D. **SMACT4** Sport, Physical Activity or Class		**SMACTWK4**			**SMACTYR4**	
E. **SMACT5** Sport, Physical Activity or Class		**SMACTWK5**			**SMACTYR5**	
F. **SMACT6** Sport, Physical Activity or Class		**SMACTWK6**			**SMACTYR6**	
G. **SMACT7** Sport, Physical Activity or Class		**SMACTWK7**			**SMACTYR7**	
H. **SMACT8** Sport, Physical Activity or Class		**SMACTWK8**			**SMACTYR8**	
I. **SMACT9** Sport, Physical Activity or Class		**SMACTWK9**			**SMACTYR9**	

12. During the **rest of the year** (September through May) do you:

- do any physical activities,
- participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

RSTACT

☐ Yes ☐ No

If yes, please write them in the space below.

Do not include activities done during P.E. or GYM class at school.

What are the Sports, Physical Activities or Classes?	1. How Many Times A Week Do You Do It?			2. For How Much of the 9 Months Do You Do It?		
	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. **RSACT1** Sport, Physical Activity or Class		**RSACTWK1**			**RSACTYR1**	
B. **RSACT2** Sport, Physical Activity or Class		**RSACTWK2**			**RSACTYR2**	
C. **RSACT3** Sport, Physical Activity or Class		**RSACTWK3**			**RSACTYR3**	
D. **RSACT4** Sport, Physical Activity or Class		**RSACTWK4**			**RSACTYR4**	
E. **RSACT5** Sport, Physical Activity or Class		**RSACTWK5**			**RSACTYR5**	
F. **RSACT6** Sport, Physical Activity or Class		**RSACTWK6**			**RSACTYR6**	
G. **RSACT7** Sport, Physical Activity or Class		**RSACTWK7**			**RSACTYR7**	
H. **RSACT8** Sport, Physical Activity or Class		**RSACTWK8**			**RSACTYR8**	
I. **RSACT9** Sport, Physical Activity or Class		**RSACTWK9**			**RSACTYR9**	