

Warm-Up Sheet
Under OMB No. 0990-0281, Prevention Communication Formative Research

OMB BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is #0990-0281. The time to complete this information collection is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Date: _____
Location: _____
Time: _____

Participant's Name: _____

Note to Focus Group Facility Staff:

Complete one Warm-up sheet per participant, after getting the Participant Consent form signed. Please read the questions aloud and help the participant respond appropriately.

I have been asked to record some information about your physical activity before you go into the group. May I ask you a few questions about your physical activity?

[If 'yes'-proceed; if 'no'-thank participant and do not ask questions below].

Great! I'd like you to think about **moderate** physical activity—that is activity that allows you to carry on a conversation comfortably while engaging in activities such as fast walking, cycling for pleasure, dancing and yard work.

1. Please think about a **typical week** in the past month. During that **week**, on how many **days** did you do **moderate** physical activities?
Number of days/week (1-7) _____

2. On those days that you did moderate physical activities, about how many minutes **each day** – on **average** – did you do those activities?
Average # of minutes/day _____

Now, I'd like you to think about **vigorous** physical activity—that is activity that causes you to be too out of breath to carry on a conversation while engaging in activities such as running, aerobics, fast bicycling, competitive sports or heavy yard work.

3. Now, thinking about that **same typical week**, on how many **days** did you do **vigorous** physical activities?

Number of days/week (1-7) _____

4. On those days that you did vigorous physical activities, about how many minutes **each day** – on **average** – did you do those activities?

Average # of minutes/day _____