

Exercise and Food Consumption Questionnaire

Food consumption

1. When you are making your deliveries in the truck, how often do you eat the following:

Home prepared food	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Sit-down restaurants	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Fast food restaurants	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Food stand/take away in truck stops	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Snack(s)	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4

2. When you are making your deliveries in the truck, how often do you usually drink the following:

Water	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Sugared soft drink	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Energy drink	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Coffee or tea	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4
Fruit juice	Every day 1	2-3 times/week 2	Once/week 3	Rarely 4

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3. On average, how many servings of fruits and vegetables do you have each week (a serving is 1 cup or about the size of two decks of playing cards)?

- More than 3 a day,..... 1
- Three a day,..... 2
- Two a day,..... 3
- One a day,..... 4
- One every other day,..... 5
- One during the past 7 days, 6
- Fewer than one a week or none, 7

4. What percentage of your deliveries are you responsible for loading or unloading your cargo during the past 7 days?

_____ (range from 0 to 100) %

Please answer the next 4 questions about physical activity as they have applied to you over the past month	Days per week (circle a number)
How many days per week did you exercise or take part in hard physical activities that made you sweat and breathe hard for at least 30 minutes (such as basketball, jogging, swimming laps, tennis, fast bicycling, strength training, or similar activities)?	0 1 2 3 4 5 6 7
How many days per week did you exercise or take part in moderate physical activities that increased your breathing a bit for a total of at least 30 minutes during the day (such as brisk walking)? Do not include activities from the question above.	0 1 2 3 4 5 6 7
How many days per week did you exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?	0 1 2 3 4 5 6 7
In a typical week, how many days do you take part in any physical activity long enough to work up a sweat?	0 1 2 3 4 5 6 7

