

Subject ID: \_\_\_\_\_

Date (MM/DD/YY): \_\_\_\_/\_\_\_\_/\_\_\_\_

## Physical Fitness and Exercise

Please identify, by circling your answer, how often you participate in the following types of exercise. Exercise is defined as physical activity.

1) I take a walk.	Never	Once a week	2-3 times weekly	Daily
2) I use a bike for exercise.	Never	Once a week	2-3 times weekly	Daily
3) I do specific exercises to improve my strength and/or my flexibility.	Never	Once a week	2-3 times weekly	Daily
4) I do housework or other odd jobs around the house to keep active.	Never	Once a week	2-3 times weekly	Daily
5) I work in the garden/yard.	Never	Once a week	2-3 times weekly	Daily
6) I dance.	Never	Once a week	2-3 times weekly	Daily
7) I swim.	Never	Once a week	2-3 times weekly	Daily
8) Please list any other things you do to keep you physically active: _____ _____				

Please read each statement carefully. Indicate the degree to which you agree or disagree with the statement by circling your answer.

9) I feel the same whether I am physically active or not.	Strongly agree	Agree	Disagree	Strongly disagree
10) I am concerned that I will hurt or strain myself if I am too physically active.	Strongly agree	Agree	Disagree	Strongly disagree
11) I sometimes get tightness in my chest when I exert myself.	Strongly agree	Agree	Disagree	Strongly disagree
12) I have too little time for exercise.	Strongly agree	Agree	Disagree	Strongly disagree
13) I do not have the strength to exercise.	Strongly agree	Agree	Disagree	Strongly disagree
14) If my health were better, I would be more active.	Strongly agree	Agree	Disagree	Strongly disagree
15) I am not interested in exercise.	Strongly agree	Agree	Disagree	Strongly disagree
16) It is difficult to exercise when I ache.	Strongly agree	Agree	Disagree	Strongly disagree
17) It is easy for me to exercise if I feel encouraged.	Strongly agree	Agree	Disagree	Strongly disagree
18) Lack of transportation limits my exercise options.	Strongly agree	Agree	Disagree	Strongly disagree
19) Bad weather prevents me from exercising.	Strongly agree	Agree	Disagree	Strongly disagree
20) I sometimes get short of breath when I exercise.	Strongly agree	Agree	Disagree	Strongly disagree
21) Fear of falling prevents me from exercising.	Strongly agree	Agree	Disagree	Strongly disagree