Form Approved
OMB Control No.: 0920-XXXX
Expiration date: 09/30/2023

Appendix 5

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 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.

	a. I			
9) I feel the same whether I am physically active or	Strongly agree	Agree	Disagree	Strongly disagree
not.				
10) I am concerned that I will hurt or strain myself if	Strongly agree	Agree	Disagree	Strongly disagree
I am too physically active.	0, 0			
	C+	Δ	D:	Character discourse
11) I sometimes get tightness in my chest when I	Strongly agree	Agree	Disagree	Strongly disagree
exert myself.				
12) I have too little time for exercise.	Strongly agree	Agree	Disagree	Strongly disagree
,	0, 0			0, 0
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	Strongly agree	Agree	Disagree	Strongly disagree
active.				
15) I am not interested in exercise.	Strongly agree	Agree	Disagree	Strongly disagree
	0.0.18.7 48.00	7 18.00	2.00.8.00	
16) It is difficult to exercise when I ache.	Strongly agree	Agree	Disagree	Strongly disagree
,	0,0			0, 0
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	Strongly agree	Agree	Disagree	Strongly disagree
options.				
19) Bad weather prevents me from exercising.	Strongly agree	Agree	Disagree	Strongly disagree
25) bud weddier prevents me nom exercising.	Jerongry agree	, ,6,	Disagree	Strongly disagree
20) I sometimes get short of breath when I exercise.	Strongly agree	Agree	Disagree	Strongly disagree
,	2 4 10 4 7 1 10 7 0 0	.0 2	12.10.20	1.0.7 1.1.1.0. 3.0
21) Fear of falling prevents me from exercising.	Strongly agree	Agree	Disagree	Strongly disagree
	3, 3			

Public reporting burden of this collection of information is estimated to average 2 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. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB Control Number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA 0920-XXXX