

PANEL 2:

Paffenbarger Physical Activity Questionnaire

1. How many city blocks or their equivalent do you normally walk each day?

Blocks/day (Let 12 blocks = 1 mile)

2. What is your usual pace of walking? (Please check one)

- ☐ Casual or strolling (less than 2mph)
- ☐ Average or normal (2 to 3 mph)
- ☐ Fairly brisk (3 to 4 mph)
- ☐ Brisk or striding (4 mph or faster)

3. How many flights of stairs do you climb up each day?

Flights/day(Let 1 flight = 10 steps)

4. List any sports or recreation you have actively participated in during last year?

(Please remember seasonal sports or events)

Sport, recreation, or other physical activity	Number of times/years	Hours	Minutes	Years Participation

5. Which of these statements best express your view? (Please check one)

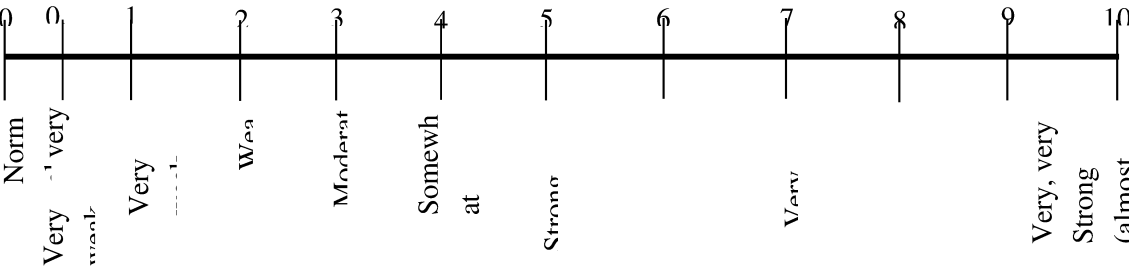
- ☐ I take enough exercise to keep healthy
- ☐ I ought to take more exercise
- ☐ Don't know

6. At least once a week, do you engage in regular activity akin to brisk walking, jogging, bi-cycling, swimming, etc. long enough to work up a sweat, get your heart thumping, or get out of breath?

- ☐ Yes
- How many times per week?\_\_\_\_\_

No
   
 Why not?

7. When you are in your usual fashion, how would you rate your level of exertion (degree of effort)? (Please circle one number)



8. On a usual weekday and a weekend day, how much time do you spend on the following activities?  
 (Total for each day should add to 24 hours)
- A. Vigorous activity (digging in the garden, strenuous sports, jogging, aerobic dancing, sustained swimming, brisk walking, heavy carpentry, bicycling on hills, etc.)
- B. Moderate activity (housework, light sports, regular walking, golf, yard work, lawn mowing, painting, repairing, light carpentry, ballroom dancing, bicycling on level ground, etc.)
- C. Light activity (office work, driving car, strolling, personal care, standing with little motion, etc.)
- D. Sitting activity (eating, reading, desk work, watching TV, listening to radio, etc.)

E. Sleeping or reclining

Column Total

Must equal –
