

# Activity Survey

## MARKING INSTRUCTIONS

- Use a **NO. 2 PENCIL** only.
- Do not use ink or ballpoint pen.
- Darken in the circle completely.
- Erase cleanly any marks you wish to change.
- Do not make any stray marks on this form.



The **RIGHT** way to mark your answer! ●

The **WRONG** way to mark your answers! ✓ ✗ ◐ ◑

A	0	0	0	0	0	0	0	0	
B	1	1	1	1	1	1	1	1	
C	2	2	2	2	2	2	2	2	
D	3	3	3	3	3	3	3	3	
E	4	4	4	4	4	4	4	4	
	5	5	5	5	5	5	5	5	
	6	6	6	6	6	6	6	6	
	7	7	7	7	7	7	7	7	
	8	8	8	8	8	8	8	8	
	9	9	9	9	9	9	9	9	A

People do lots of things that are called physical activities. People play, walk, take part in sports, and do many things that involve moving their body. We want to learn about your physical activities. We are going to ask you about the games you play, sports you take part in, and other exercise that you get. It is very important that you tell us about yourself honestly.

### 1. Do you have any health condition that limits your physical activity?

- No  
 Yes

If yes, please write the health condition here: \_\_\_\_\_

### 2. How many months of the year did you participate in team sports that practiced regularly (like swimming, gymnastics, field hockey, basketball)?

#### a. During the 4th to 6th grade?

- Never  
 1–4 months of the year  
 5–8 months of the year  
 9–12 months of the year

#### b. During the 7th to 12th grade?

- Not in the 7th grade yet  
 Never  
 1–4 months of the year  
 5–8 months of the year  
 9–12 months of the year

### 3. In school, how many times per week do you have gym or PE?

- None                       2                       4  
 1                               3                       5 or more

Please read the following example before answering the activity questions.

**EXAMPLE:**

If you were on a swim team during the winter that practiced 4 hours a week and had one meet each week and during the summer you swam with friends once a week, then your answer would look like this . . .



**Swimming**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**4. Not including phys ed (gym), what have you done in the past YEAR?**

Mark "None/Zero" for any season you did not do that activity.



**Baseball or Softball**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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**Basketball**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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**Biking**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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**Dancing or Aerobics**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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**Football**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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**Hard Work Outdoors (like mowing the lawn, raking, gardening)**

Did you do this activity over the past year?

NO  YES

How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/Zero	Less than 1/2 hr./wk.	1/2 - 3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Ice, Field, Street Hockey or Lacrosse

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Running or Jogging

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Swimming

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Rollerblading, Rollerskating, or Iceskating

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Skateboarding

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Soccer or Rugby

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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### Tennis or Other Racquet Sports

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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### Walking (to/from school, friend's house, store)

Did you do this activity over the past year?

NO  YES

→ How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### Playing Outdoors (jump rope, kickball, dodgeball)

Did you do this activity over the past year?

NO  YES → How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### Gymnastics or Cheerleading

Did you do this activity over the past year?

NO  YES → How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### Strength Training Exercises (push-ups, lifting weights)

Did you do this activity over the past year?

NO  YES → How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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### Volleyball

Did you do this activity over the past year?

NO  YES → How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### Martial Arts, Karate, or Wrestling

Did you do this activity over the past year?

NO  YES → How much did you do it EACH season?



- Fall
- Winter
- Spring
- Summer

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any other sports or activities that we haven't listed? (Please specify)

- Fall \_\_\_\_\_ →
- Winter \_\_\_\_\_ →
- Spring \_\_\_\_\_ →
- Summer \_\_\_\_\_ →

None/ Zero	Less than 1/2 hr./wk.	1/2-3 hr./week	4-6 hr./week	7-9 hr./week	10+ hr./week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. How many hours, Monday thru Friday, do you spend doing the following? (a **TOTAL** for the week)

- Watching T.V. ....
- Watching DVDs or videos ....
- Reading/Homework ....
- Nintendo/PlayStation/computer games ....
- Internet/Computers ....

None	Monday thru Friday (Total Hours)					
None	1-5 hr.	6-10 hr.	11-15 hr.	16-20 hr.	21-30 hr.	31+ hr.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How many hours, Saturday and Sunday, do you spend doing the following? (a **TOTAL** for the weekend)

- Watching T.V. ....
- Watching DVDs or videos ....
- Reading/Homework ....
- Nintendo/PlayStation/computer games ....
- Internet/Computers ....

None	Saturday thru Sunday (Total Hours)					
None	1-5 hr.	6-10 hr.	11-15 hr.	16-20 hr.	21-30 hr.	31+ hr.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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