



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

1. STRENUOUS EXERCISE

How often did you participate in **STRENUOUS** exercise activities or sports (e.g., swimming laps, aerobics, calisthenics, running, jogging, basketball, cycling on hills, racquetball)?

<p>Average hours per week:</p>							<p>A v e r a g e m o n t h s p e r y e a r:</p>
1/2 hr	1 hr	1 1/2 hrs	2 hrs	3 hrs	4-6 hrs	7-10 hrs	

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4								
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P a s t 3 y e a r s								
<p>2. MODERATE EXERCISE</p> <p>How often did you participate in MODERATE exercise activities or sports (e.g., brisk walking, golf, volleyball, cycling on level streets, recreational tennis, or softball)?</p>								
<p>Average hours per week:</p>								
								A v e r

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S l e e p i n g								
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Protocol source: <https://www.phenxtoolkit.org/protocols/view/70201>