



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.

3 Day Physical Activity Recall (3 Day PAR)

Administrator Script for 3-Day Physical Activity Recall

Hi, I'm _____ and this is _____. We're from _____ and we'd like to give you this questionnaire that will tell us about the activity you've done for the past three days.

[Hand out surveys and make sure every student has survey and pen/pencil.]

On the first page you'll see several pictures of commonly performed activities categorized by intensity level:

Light Activities- require little or no movement with slow breathing

Moderate Activities- require some movement and normal breathing

Hard Activities- require a moderate amount of movement and increased breathing

Very Hard Activities- require quick movements and hard breathing.

If you turn the page, you'll see a bunch of activities listed, each with its own number. You're going to use these numbers to identify the activities that you did. So, if you ate a meal, you're going to use the number "one" to identify that activity. Before we get started, I want to point out a few things. Please notice that walking is listed twice (#18 and #53) because it can be done for different reasons; transportation or exercise. Also note that if you performed a physical activity or sport that is not listed, you may choose #55 (Other) and write in the activity that you did. Remember, we're only talking about PHYSICAL activity. Some people say they "slept hard last night" or they had "hard homework". While you may be thinking hard while doing your homework, it would not be considered hard *physical* activity because you're not moving and breathing harder.

At the bottom of this page there's a small example of how we would like you to use this list of activities. Each row represents a 1/2 hour, starting from 7 a.m. and going all the way to midnight. In the first column, labeled 'Activity Number' you're going to write down the number of the main activity you did for that 1/2

hour block of time. Only **one** activity number can be entered into each block. Once you've written down that number, put an 'x' in **only one** intensity box that **best** describes the intensity of this activity. Remember the definitions of light, moderate, hard, and very hard. If you need to, check the first page or ask if you're not sure how the activity should be rated.

So, going through this example at the bottom, we see that this person took a shower from 7:00 'til 7:30 so they wrote #22 in the first time block. They classified this activity as light by putting a check in the 'light' column. From 7:30 to 8:00, this person did activity #21 which is getting ready (combing hair, doing make-up). They indicated that this activity was done at a light intensity. Does anyone have a question about filling out the time blocks?

O.K. think about your activities starting with yesterday, Tuesday. Think about what you were doing between 7:00 and 7:30 that morning. Were you still sleeping, getting ready for school or doing something else? Find the number in the list that corresponds to that activity and put that number in the first box. Now, mark the box that applies to the intensity level of that activity. Now think about what you did for the next half-hour, from 7:30-8:00. Write down the activity number and check the appropriate intensity box. Please be as **honest** and **accurate** as you can. If you have **any** questions, please **do not hesitate to ask**. Fill out the rest of the sheet for Tuesday and then do the same thing for Monday and Sunday.

[Walk around the room to see how the students are doing and provide cues.]
[Wait about 10 minutes]

If you're done with Tuesday, turn the page and do the same thing for Monday. Now think about what you did Monday morning from 7:00-7:30. Fill out this sheet for Monday the same way you did for Tuesday.

[Walk around the room to see how the students are doing and provide cues.]
[Wait about 10 minutes]

O.K., once you're done with Monday, you're going to do the same thing for Sunday. Think about what you did Sunday morning from 7:00-7:30. Did you get up early for church or were you able to sleep in this past Sunday? Go ahead and fill out the rest of this sheet for Sunday and then put your pencil down and wait once you are done.

[Walk around the room to see how the students are doing and provide cues.]

All right, you're almost done. Just flip the last page, answer the questions there and you're done!

[Check each 3DPAR as they are turned in] [Remember to thank the students and the teacher for their cooperation and effort]

Activities Scale

This purpose of this questionnaire is to estimate the amount of physical activity that you perform. The name of each day (Tuesday, Monday, and Sunday) that you will describe is located in the top right hand corner of each time sheet.

1. For **each** time period, write in the activity number that corresponds to the **main** activity you actually performed during that particular time period.

2. Then rate how physically **hard** each activity was. Place a "✓" in the timetable to indicate one of the following intensity levels for each activity.

- **Light** - Slow breathing, little or no movement.



- **Moderate** - Normal breathing and some movement.



- **Hard** - Increased breathing and moderate movement.



- **Very Hard** - Hard breathing and quick movement.



Activity Numbers

Eating

1. Eating a meal
2. Snacking

Work

3. Working (e.g., part-time job, child care)

(list)

4. Doing house chores (e.g., vacuuming, dusting, washing dishes, animal care)
5. Yard Work (e.g., mowing, raking)

After School/Spare Time/Hobbies

6. Church
7. Hanging around
8. Homework
9. Listening to music
10. Marching band/flag line/drill team
11. Music lesson/playing instrument
12. Playing video games/surfing Internet
13. Reading
14. Shopping
15. Talking on phone
16. Watching TV or movie

Transportation

17. Riding in a car/bus
18. Travel by walking
19. Travel by bicycling

Sleep/Bathing

20. Getting dressed
21. Getting ready (hair, make-up, etc.)

School

24. Club, student activity
25. Lunch/free time/study hall
26. P.E. Class
27. ROTC
28. Sitting in class

Physical Activities and Sports

29. Aerobics/aerobic dancing
30. Basketball
31. Bicycling
32. Bowling
33. Calisthenics (e.g., jumping jacks, sit-ups)
34. Cheerleading
35. Dancing (social, recreational)
36. Dancing (ballet, jazz, modern, tap)
37. Field hockey
38. Frisbee
39. Golf
40. Horseback riding
41. Ice/roller skating
42. Jogging/running
43. Karate/judo/martial arts/self-defense
44. Rollerblading
45. Skateboarding
46. Soccer
47. Softball/baseball
48. Stationary exercise machines (e.g., cycle, ski machine, stair climber, treadmill)
49. Street hockey
50. Swimming, water exercise
51. Tennis

22. Showering/bathing 23. Sleeping	52. Volleyball 53. Walking (briskly) 54. Weight/circuit training 55. Gymnastics/tumbling 56. Kickboxing/Tae Bo 57. Track and field 58. Trampoline 59. Other _____ _____
---------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------





Sample activity time sheet:

The table below shows the correct way to fill out the activity time sheets.

Note that only **one** intensity level is checked for each activity.

	Activity Number	Light	Moderate	Hard	Very Hard
7:00-7:30	22	✓			
7:30-8:00	21	✓			
8:00-8:30	18		✓		
8:30-9:00	28	✓			
9:00-9:30	28	✓			
9:30-10:00	26			✓	
10:00-10:30	26			✓	

TUESDAY

		Activity Number	 Light	 Moderate	 Hard	 Very Hard
before school	7:00-7:30					
	7:30-8:00					
during school	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
	10:30-11:00					
	11:00-11:30					
lunch time	11:30-12:00					
	12:00-12:30					
	12:30-1:00					

	1:00-1:30					
	1:30-2:00					
	2:00-2:30					
	2:30-3:00					
	3:00-3:30					
after school	3:30-4:00					
	4:00-4:30					
	4:30-5:00					
	5:00-5:30					
supper time	5:30-6:00					
	6:00-6:30					
	6:30-7:00					
	7:00-7:30					
	7:30-8:00					
	8:00-8:30					

	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
Evening	10:30-11:00					
	11:00-11:30					
	11:30-12:00					

Activity Numbers

Eating 1. Eating a meal 2. Snacking

Work 3. Working (e.g., part-time job, child care)

(list) _____

__ 4. Doing house chores (e.g., vacuuming, dusting, washing dishes, animal care) 5. Yard Work (e.g., mowing, raking)

After School/Spare Time/Hobbies 6.

Church 7. Hanging around 8. Homework 9. Listening to music 10. Marching band/flag line/drill team 11. Music lesson/playing instrument 12. Playing video games/surfing Internet 13. Reading 14. Shopping 15. Talking on phone 16. Watching TV or movie

Transportation 17. Riding in a car/bus 18. Travel by walking 19. Travel by bicycling

School 24. Club, student activity 25. Lunch/free time/study hall 26. P.E. Class 27. ROTC 28. Sitting in class

Physical Activities and Sports 29. Aerobics/aerobic dancing 30. Basketball 31. Bicycling 32. Bowling 33. Calisthenics (e.g., jumping jacks, sit-ups) 34. Cheerleading 35. Dancing (social, recreational) 36. Dancing (ballet, jazz, modern, tap) 37. Field hockey 38. Frisbee 39. Golf 40. Horseback riding 41. Ice/roller skating 42. Jogging/running 43. Karate/judo/martial arts/self-defense 44. Rollerblading 45. Skateboarding 46. Soccer 47. Softball/baseball 48. Stationary exercise machines (e.g., cycle, ski machine, stair climber, treadmill) 49. Street hockey 50. Swimming, water exercise 51. Tennis 52. Volleyball 53. Walking (briskly) 54. Weight/circuit training 55.

Sleep/Bathing 20. Getting dressed 21. Getting ready (hair, make-up, etc.) 22. Showering/bathing 23. Sleeping	Gymnastics/tumbling 56. Kickboxing/Tae Bo 57. Track and field 58. Trampoline 59. Other _____ _____
---------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------

Sample activity time sheet:

The table below shows the correct way to fill out the activity time sheets.

Note that only **one** intensity level is checked for each activity.

	Activity Number	Light	Moderate	Hard	Very Hard
7:00-7:30	22	✓			
7:30-8:00	21	✓			
8:00-8:30	18		✓		
8:30-9:00	28	✓			
9:00-9:30	28	✓			
9:30-10:00	26			✓	
10:00-10:30	26			✓	

MONDAY

		Activity Number				
--	--	-----------------	-------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------

			Light	Moderate	Hard	Very Hard
before school	7:00-7:30					
	7:30-8:00					
during school	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
	10:30-11:00					
	11:00-11:30					
lunch time	11:30-12:00					
	12:00-12:30					
	12:30-1:00					
	1:00-1:30					
	1:30-2:00					

	2:00-2:30					
	2:30-3:00					
	3:00-3:30					
after school	3:30-4:00					
	4:00-4:30					
	4:30-5:00					
	5:00-5:30					
supper time	5:30-6:00					
	6:00-6:30					
	6:30-7:00					
	7:00-7:30					
	7:30-8:00					
	8:00-8:30					
	8:30-9:00					
	9:00-9:30					

	9:30-10:00					
	10:00-10:30					
Evening	10:30-11:00					
	11:00-11:30					
	11:30-12:00					

<p><u>Activity Numbers</u></p> <p>Eating 1. Eating a meal 2. Snacking</p> <p>Work 3. Working (e.g., part-time job, child care) (list)</p> <hr/> <p>4. Doing house chores (e.g., vacuuming, dusting, washing dishes, animal care) 5. Yard Work (e.g., mowing, raking)</p> <p>After School/Spare Time/Hobbies 6. Church 7. Hanging around 8. Homework 9. Listening to music 10. Marching band/flag line/drill team 11. Music lesson/playing instrument 12. Playing video games/surfing Internet 13. Reading 14. Shopping 15. Talking on phone 16. Watching TV or movie</p> <p>Transportation 17. Riding in a car/bus 18. Travel by walking 19. Travel by bicycling</p> <p>Sleep/Bathing 20. Getting dressed 21. Getting ready (hair, make-up, etc.) 22. Showering/bathing 23. Sleeping</p>	<p>School 24. Club, student activity 25. Lunch/free time/study hall 26. P.E. Class 27. ROTC 28. Sitting in class</p> <p>Physical Activities and Sports 29. Aerobics/aerobic dancing 30. Basketball 31. Bicycling 32. Bowling 33. Calisthenics (e.g., jumping jacks, sit-ups) 34. Cheerleading 35. Dancing (social, recreational) 36. Dancing (ballet, jazz, modern, tap) 37. Field hockey 38. Frisbee 39. Golf 40. Horseback riding 41. Ice/roller skating 42. Jogging/running 43. Karate/judo/martial arts/self-defense 44. Rollerblading 45. Skateboarding 46. Soccer 47. Softball/baseball 48. Stationary exercise machines (e.g., cycle, ski machine, stair climber, treadmill) 49. Street hockey 50. Swimming, water exercise 51. Tennis 52. Volleyball 53. Walking (briskly) 54. Weight/circuit training 55. Gymnastics/tumbling 56. Kickboxing/Tae Bo 57. Track and field 58. Trampoline 59.</p> <p>Other _____</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------





Sample activity time sheet:

The table below shows the correct way to fill out the activity time sheets.

Note that only **one** intensity level is checked for each activity.

	Activity Number	Light	Moderate	Hard	Very Hard
7:00-7:30	22	✓			
7:30-8:00	21	✓			
8:00-8:30	18		✓		
8:30-9:00	28	✓			
9:00-9:30	28	✓			
9:30-10:00	26			✓	
10:00-10:30	26			✓	

SUNDAY

		Activity Number	 Light	 Moderate	 Hard	 Very Hard
before school	7:00-7:30					
	7:30-8:00					

during school	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
	10:30-11:00					
	11:00-11:30					
lunch time	11:30-12:00					
	12:00-12:30					
	12:30-1:00					
	1:00-1:30					
	1:30-2:00					
	2:00-2:30					
	2:30-3:00					
	3:00-3:30					

after school	3:30-4:00					
	4:00-4:30					
	4:30-5:00					
	5:00-5:30					
supper time	5:30-6:00					
	6:00-6:30					
	6:30-7:00					
	7:00-7:30					
	7:30-8:00					
	8:00-8:30					
	8:30-9:00					
	9:00-9:30					
	9:30-10:00					
	10:00-10:30					
Evening	10:30-11:00					

	11:00-11:30					
	11:30-12:00					

Demographic Information

The following information is for descriptive purposes only. Please print in the spaces indicated below, and circle the correct response for each descriptor as it applies to you.

NAME: _____ S.S. # (last 4 digits): _____

YOUR DATE OF BIRTH: _____

(month) (day) (year)

SCHOOL: _____

Scoring of 3 Day PAR

METs were assigned to activities as stated in Weston et al. MSSE, 1997 and by using:

Ainsworth, B. E., Haskell, W. L., Whitt, M. C., Irwin, M. L., Swartz, A. M., Strath, S. J., O'Brien, W. L., Bassett, D. R., Jr., Schmitz, K. H., Emplaincourt, P. O., Jacobs, D. R., Jr., & Leon, A. S. (2000). Compendium of Physical Activities: An update of activity codes and MET intensities. *Medicine and Science in Sports and Exercise*. 32 (Suppl):S498-S516.

Scoring the results in the worksheet involves the use of a specialized grid of the metabolic equivalent task (MET) values and the level of intensity. These values were assigned to each activity and intensity level based on the Compendium of Physical Activities (Ainsworth et al. 2000). The scorer should use the following table (which has been used on other studies) to assign a MET value to each 30 minute entry in the worksheet. If the activity does not appear on the table the scorer should assign a value to the activity from the latest version of the Compendium of Physical Activities. If the respondent enters an intensity that is incompatible (e.g., intensity level of "hard" for "meal") the scorer should assign a MET value of the adjacent cell with a low intensity activity. Similarly, use the adjacent cell for a high intensity activity. If four or more activities on a worksheet are incompatible the worksheet is considered invalid.

Sum the METs over each day to obtain an average value for total physical activity

per day (METs Day⁻¹). Sum blocks of moderate to vigorous physical activity (abbreviated MVPA, = 3 METs) and vigorous activity (abbreviated VPA, = 6 METs) for each day. Three day averages for METs Day⁻¹, MVPA blocks Day⁻¹, and VPA blocks Day⁻¹ may be calculated.

Note: Although the following table includes 70 activities and there are 59 activities on the form you can match the activity from the 3 Day PAR results with the METS value in the table.

Activity	Intensity weighted MET levels			
	Light	Moderate	Hard	Very Hard
1. Eating a meal	1.5	1.5	1.5	1.5
2. Snacking	1.5	1.5	1.5	1.5
3. Church	1.5	3.0	3.0	3.0
4. Hanging around	1.5	1.5	1.5	1.5
5. Homework	1.5	1.5	1.5	1.5
6. Listening to music	1.5	1.5	1.5	1.5
7. Music lesson/playing instrument	2.5	2.5	2.5	2.5
8. Video games/surfing internet	1.5	1.5	1.5	1.5
9. Reading	1.5	1.5	1.5	1.5
10. Shopping	2.5	3.0	3.0	3.0

11. Talking on phone	1.5	1.5	1.5	1.5
12. Watching TV or movie	1.5	1.5	1.5	1.5
13. Getting dressed	2.5	2.5	2.5	2.5
14. Getting ready (hair, make-up)	2.5	2.5	2.5	2.5
15. Showering/bathing	2.5	2.5	2.5	2.5
16. Sleeping	1.0	1.0	1.0	1.0
17. Lunch/free time/study hall	1.5	1.5	1.5	1.5
18. Sitting in class	1.5	1.5	1.5	1.5
19. Club, student activity	1.5	1.5	7.5	10.0
20. Marching band/flag line	3.5	3.5	6.5	6.5
21. P.E. Class	1.5	4.5	7.5	10.0
22. Riding in a car/bus	1.5	1.5	1.5	1.5
23. Travel by walking	2.5	4.0	6.0	6.0
24. Travel by bicycling	4.0	4.0	7.0	10.0
25. Working (part-time job, child care)	1.5	3.0	6.0	6.0

26. Doing house chores	2.5	3.5	3.5	3.5
27. Yard Work (e.g., mowing, raking)	2.5	4.5	4.5	4.5
28. Aerobics, jazzercise, water aerobics, Tae Bo	5.0	6.0	7.0	8.0
29. Basketball	4.5	4.5	7.0	8.0
30. Bicycling, mountain biking	4.0	4.0	7.0	10.0
31. Bowling	3.0	3.0	3.0	3.0
32. Broomball	6.0	6.0	7.0	8.0
33. Calisthenics / Exercises	3.5	4.5	7.0	8.0
34. Cheerleading, drill team	3.0	5.0	7.0	7.0
35. Dance	4.5	4.5	4.5	4.5
36. Exercise machine	4.0	4.0	7.0	10.0
37. Football	2.5	4.0	8.0	9.0
38. Frisbee	3.0	5.0	6.0	8.0
39. Golf / Mini-golf	3.5	4.5	4.5	4.5
40. Gymnastics / Tumbling	4.0	4.0	5.0	6.0

41. Hiking	5.0	5.0	6.0	7.0
42. Hockey (ice, field, street, or floor)	6.0	6.0	8.0	9.0
43. Horseback riding	2.5	4.0	6.0	7.0
44. Jumping rope	8.0	8.0	10.0	12.0
45. Kick boxing	5.0	6.0	7.0	8.0
46. Lacrosse	6.0	6.0	8.0	9.0
47. Martial arts	4.0	4.0	8.0	10.0
48. Playground games	5.0	5.0	5.0	5.0
49. Playing catch	2.5	2.5	2.5	2.5
50. Playing with younger children	4.0	4.0	4.0	4.0
51. Roller blading, ice skating, roller skating	5.0	5.0	6.5	8.0
52. Riding scooters	5.0	5.0	7.0	7.0
53. Running / Jogging	7.0	7.0	10.0	12.0
54. Skiing (downhill, cross country, or water)	7.0	7.0	8.0	9.0
55. Skateboarding	5.0	5.0	7.0	7.0

56. Sledding, tobogganing, bobsledding	7.0	7.0	7.0	7.0
57. Snowboarding	5.0	5.0	6.0	8.0
58. Soccer	7.0	7.0	8.0	9.0
59. Softball/baseball	5.0	5.0	5.0	5.0
60. Surfing (body or board) / Skimboarding	3.0	3.0	4.0	4.0
61. Swimming (laps)	4.0	4.0	8.0	10.0
62. Swimming (play, pool games)	4.0	4.0	6.0	6.0
63. Tennis, racquetball, badminton, paddleball	6.0	6.0	7.0	8.0
64. Trampolining	4.0	4.0	5.0	5.0
65. Track & field	4.0	4.0	6.0	10.0
66. Volleyball	3.5	5.0	6.0	8.0
67. Walking for exercise	3.0	4.0	5.0	5.0
68. Weightlifting	3.0	3.0	6.0	7.0
69. Wrestling	6.0	6.0	6.0	6.0
70. Yoga, stretching	2.5	2.5	2.5	2.5

Protocol source: <https://www.phenxtoolkit.org/protocols/view/150701>