



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.

CHAMPS Activities Questionnaire for Older Adults

This questionnaire is about activities that you may have done in the past 4 weeks. The questions on the following pages are similar to the example shown below.

INSTRUCTIONS

If you DID the activity in the past 4 weeks:

Step #1 Check the YES box.

Step #2 Think about how many TIMES a week you usually did it, and write your response in the space provided.

Step #3 Circle how many TOTAL HOURS in a typical week you did the activity.

Here is an example of how Mrs. Jones would answer question #1: Mrs. Jones usually visits her friends Maria and Olga twice a week. She usually spends one hour on Monday with Maria and two hours on Wednesday with Olga. Therefore, the total hours a week that she visits with friends is 3 hours a week.

In a typical week, during the past 4 weeks, did you...	How many <u>TOTAL hours a week</u> did you usually do it? →					
1. Visit with friends or family (other than those you live with)? <input type="checkbox"/> YES How many TIMES a week? → <input type="checkbox"/> NO	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours

If you DID NOT do the activity:

- Check the NO box and move to the next question.

<p>In a typical week, during the past 4 weeks, did you...</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
<p>1. Visit with friends or family (other than those you live with)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p><input type="checkbox"/> Less than 1 hour</p>	<p><input type="checkbox"/> 1-2½ hours</p>	<p><input type="checkbox"/> 3-4½ hours</p>	<p><input type="checkbox"/> 5-6½ hours</p>	<p><input type="checkbox"/> 7-8½ hours</p>	<p><input type="checkbox"/> 9 or more hours</p>
<p>2. Go to the senior center?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
<p>3. Do volunteer work?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p><input type="checkbox"/> Less than 1 hour</p>	<p><input type="checkbox"/> 1-2½ hours</p>	<p><input type="checkbox"/> 3-4½ hours</p>	<p><input type="checkbox"/> 5-6½ hours</p>	<p><input type="checkbox"/> 7-8½ hours</p>	<p><input type="checkbox"/> 9 or more hours</p>
<p>4. Attend church or take part in church activities?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
	<p><input type="checkbox"/> Less than 1 hour</p>	<p><input type="checkbox"/> 1-2½ hours</p>	<p><input type="checkbox"/> 3-4½ hours</p>	<p><input type="checkbox"/> 5-6½ hours</p>	<p><input type="checkbox"/> 7-8½ hours</p>	<p><input type="checkbox"/> 9 or more hours</p>

	than 1 hour	hours	hours	hours	hours	more hours
5. Attend other club or group meetings? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1- 2½ hours	[] 3- 4½ hours	[] 5- 6½ hours	[] 7- 8½ hours	[] 9 or more hours
6. Use a computer? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1- 2½ hours	[] 3- 4½ hours	[] 5- 6½ hours	[] 7- 8½ hours	[] 9 or more hours
7. Dance (such as square, folk, line, ballroom) (do not count aerobic dance here)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1- 2½ hours	[] 3- 4½ hours	[] 5- 6½ hours	[] 7- 8½ hours	[] 9 or more hours
8. Do woodworking, needlework, drawing, or other arts or crafts? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1- 2½ hours	[] 3- 4½ hours	[] 5- 6½ hours	[] 7- 8½ hours	[] 9 or more hours

	1 hour					hours
9. Play golf, carrying or pulling your equipment (count <u>walking</u> time only)? <input type="checkbox"/> YES How many TIMES a week? → <input type="checkbox"/> NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
10. Play golf, riding a cart (count <u>walking</u> time only)? <input type="checkbox"/> YES How many TIMES a week? → <input type="checkbox"/> NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
11. Attend a concert, movie, lecture, or sport event? <input type="checkbox"/> YES How many TIMES a week? → <input type="checkbox"/> NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
12. Play cards, bingo, or board games with other people? <input type="checkbox"/> YES How many TIMES a week? → <input type="checkbox"/> NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours

	hour					
<p>13. Shoot pool or billiards?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
<p>14. Play singles tennis (do <u>not</u> count doubles)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
<p>15. Play doubles tennis (do <u>not</u> count singles)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
<p>16. Skate (ice, roller, in-line)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p>					
	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours

<p>17. Play a musical instrument?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="836 300 927 596"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 300 1027 596"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 300 1128 596"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1128 300 1229 596"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1229 300 1330 596"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1330 300 1430 596"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>18. Read?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="836 762 927 1058"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 762 1027 1058"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 762 1128 1058"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1128 762 1229 1058"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1229 762 1330 1058"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1330 762 1430 1058"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>19. Do heavy work around the house (such as washing windows, cleaning gutters)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="836 1224 927 1499"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 1224 1027 1499"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 1224 1128 1499"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1128 1224 1229 1499"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1229 1224 1330 1499"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1330 1224 1430 1499"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>20. Do light work around the house (such as sweeping or vacuuming)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="836 1654 927 1950"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 1654 1027 1950"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 1654 1128 1950"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1128 1654 1229 1950"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1229 1654 1330 1950"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1330 1654 1430 1950"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>21. Do heavy gardening (such as spading, raking)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tr> <td data-bbox="831 298 927 571"><input type="checkbox"/> Less than 1 hour</td> <td data-bbox="927 298 1023 571"><input type="checkbox"/> 1-2½ hours</td> <td data-bbox="1023 298 1135 571"><input type="checkbox"/> 3-4½ hours</td> <td data-bbox="1135 298 1230 571"><input type="checkbox"/> 5-6½ hours</td> <td data-bbox="1230 298 1343 571"><input type="checkbox"/> 7-8½ hours</td> <td data-bbox="1343 298 1443 571"><input type="checkbox"/> 9 or more hours</td> </tr> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>22. Do light gardening (such as watering plants)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tr> <td data-bbox="831 728 927 1001"><input type="checkbox"/> Less than 1 hour</td> <td data-bbox="927 728 1023 1001"><input type="checkbox"/> 1-2½ hours</td> <td data-bbox="1023 728 1135 1001"><input type="checkbox"/> 3-4½ hours</td> <td data-bbox="1135 728 1230 1001"><input type="checkbox"/> 5-6½ hours</td> <td data-bbox="1230 728 1343 1001"><input type="checkbox"/> 7-8½ hours</td> <td data-bbox="1343 728 1443 1001"><input type="checkbox"/> 9 or more hours</td> </tr> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>23. Work on your car, truck, lawn mower, or other machinery?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tr> <td data-bbox="831 1159 927 1432"><input type="checkbox"/> Less than 1 hour</td> <td data-bbox="927 1159 1023 1432"><input type="checkbox"/> 1-2½ hours</td> <td data-bbox="1023 1159 1135 1432"><input type="checkbox"/> 3-4½ hours</td> <td data-bbox="1135 1159 1230 1432"><input type="checkbox"/> 5-6½ hours</td> <td data-bbox="1230 1159 1343 1432"><input type="checkbox"/> 7-8½ hours</td> <td data-bbox="1343 1159 1443 1432"><input type="checkbox"/> 9 or more hours</td> </tr> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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****Please note: For the following questions about running and walking, include use of a treadmill.**

<p>24. Jog or run?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tr> <td data-bbox="831 1791 927 1908"><input type="checkbox"/> Less</td> <td data-bbox="927 1791 1023 1908"><input type="checkbox"/> 1-2½</td> <td data-bbox="1023 1791 1135 1908"><input type="checkbox"/> 3-4½</td> <td data-bbox="1135 1791 1230 1908"><input type="checkbox"/> 5-6½</td> <td data-bbox="1230 1791 1343 1908"><input type="checkbox"/> 7-8½</td> <td data-bbox="1343 1791 1443 1908"><input type="checkbox"/> 9 or</td> </tr> </table>	<input type="checkbox"/> Less	<input type="checkbox"/> 1-2½	<input type="checkbox"/> 3-4½	<input type="checkbox"/> 5-6½	<input type="checkbox"/> 7-8½	<input type="checkbox"/> 9 or
<input type="checkbox"/> Less	<input type="checkbox"/> 1-2½	<input type="checkbox"/> 3-4½	<input type="checkbox"/> 5-6½	<input type="checkbox"/> 7-8½	<input type="checkbox"/> 9 or		

	than 1 hour	hours	hours	hours	hours	more hours
25. Walk uphill or hike uphill (count only uphill part)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
26. Walk <u>fast or briskly</u> for exercise (do not count walking leisurely or uphill)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
27. Walk <u>to do errands</u> (such as to/from a store or to take children to school (count walk time only)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
28. Walk <u>leisurely</u> for exercise or pleasure? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours

	1 hour					hours
29. Ride a bicycle or stationary cycle? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
30. Do other aerobic machines such as rowing, or step machines (do <u>not</u> count treadmill or stationary cycle)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
31. Do water exercises (do <u>not</u> count other swimming) [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
32. Swim moderately or fast? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours

	hour					
33. Swim gently? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
34. Do stretching or flexibility exercises (do <u>not</u> count yoga or Tai-chi)? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
35. Do yoga or tai chi? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours
36. Do aerobics or aerobic dancing? [] YES How many TIMES a week? → [] NO	How many TOTAL <u>hours a week</u> did you usually do it?					
	[] Less than 1 hour	[] 1-2½ hours	[] 3-4½ hours	[] 5-6½ hours	[] 7-8½ hours	[] 9 or more hours

<p>37. Do moderate to heavy strength training (such as hand-held weights of more than 5 lbs., weight machines, or push-ups)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="837 302 927 573"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 302 1027 573"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 302 1133 573"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1133 302 1235 573"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1235 302 1338 573"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1338 302 1430 573"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>38. Do light strength training (such as hand-held weights of 5 lbs. or less or elastic bands)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="837 730 927 997"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 730 1027 997"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 730 1133 997"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1133 730 1235 997"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1235 730 1338 997"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1338 730 1430 997"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>39. Do general conditioning exercises, such as light calisthenics or chair exercises (do <u>not</u> count strength training)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="837 1157 927 1421"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 1157 1027 1421"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 1157 1133 1421"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1133 1157 1235 1421"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1235 1157 1338 1421"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1338 1157 1430 1421"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>40. Play basketball, soccer, or racquetball (do <u>not</u> count time on sidelines)?</p> <p><input type="checkbox"/> YES How many TIMES a week? →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it?</p> <table border="1"> <tbody> <tr> <td data-bbox="837 1583 927 1845"> <input type="checkbox"/> Less than 1 hour </td> <td data-bbox="927 1583 1027 1845"> <input type="checkbox"/> 1-2½ hours </td> <td data-bbox="1027 1583 1133 1845"> <input type="checkbox"/> 3-4½ hours </td> <td data-bbox="1133 1583 1235 1845"> <input type="checkbox"/> 5-6½ hours </td> <td data-bbox="1235 1583 1338 1845"> <input type="checkbox"/> 7-8½ hours </td> <td data-bbox="1338 1583 1430 1845"> <input type="checkbox"/> 9 or more hours </td> </tr> </tbody> </table>	<input type="checkbox"/> Less than 1 hour	<input type="checkbox"/> 1-2½ hours	<input type="checkbox"/> 3-4½ hours	<input type="checkbox"/> 5-6½ hours	<input type="checkbox"/> 7-8½ hours	<input type="checkbox"/> 9 or more hours
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<p>41. Do other types of physical activity</p>	<p>How many TOTAL <u>hours a week</u> did</p>						

not previously mentioned (please specify)? [] YES How many TIMES a week? → [] NO	you usually do it?					
	[] Less than 1 hour	[] 1- 2½ hours	[] 3- 4½ hours	[] 5- 6½ hours	[] 7- 8½ hours	[] 9 or more hours

Thank You

Scoring

Data from the questionnaire are used to determine frequency per week and estimated caloric expenditure per week from physical activity. Separate scores are derived for physical activities of moderate or greater intensity (metabolic equivalents MET \geq 3.0) and for all specified activities including those of light and moderate or greater intensity. For each of these, scores are calculated for frequency per week and estimated caloric expenditure per week.

Estimated caloric expenditures were calculated by multiplying the estimated duration per week by the MET value for each activity and summing across all relevant activities. Frequency per week is calculated by summing the frequency per week across all relevant activities. Detailed formulas are found in Table A1.

MET values were assigned to each activity from the values reported by Ainsworth et al. 1993. If an activity did not appear in the Ainsworth et al. compendium, the activity was assigned a value based on similar activities. The MET values for CHAMPS activities appear in Table A2.*

*Table A2 may be found in the appendix of the following source.

Stewart, A. L., Mills, K. M., King, A. C., Haskell, W. L., Gillis, D., & Ritter, P. L. (2001). CHAMPS physical activity questionnaire for older adults: Outcomes for interventions. *Medicine and Science in Sports and Exercise*, 33(7), 1126-1141.

Table A1: Revised Codebook for CHAMPS Physical Activity Measures

Variable Label	Item Numbers	Coding Algorithms
Caloric expenditure/week in all exercise-	7, 9, 10, 14-16, 19-35, 36, 40	For each activity: 1. Create new <u>duration variables</u> for <u>each</u> activity

related activities ¹		<p>recoded as follows: 1=0.5, 2=1.75, 3=3.75, 4=5.75, 5=7.75, 6=9.75; If duration variable is not answered, score = 0. Duration is hours/week.</p> <p>2. For each recoded duration variable, create new weighted <u>duration variable</u> for <u>each</u> activity by multiplying duration variable (#1) by corresponding MET value.</p> <p>3. For each weighted duration variable, create <u>caloric expenditure per week</u> variable for each activity by multiplying weighted duration variable (#2) by 3.5 and by 60 (to convert METs/minute to METs/hour) and by (weight in kg/200).</p> <p>4. Sum caloric expenditure per week variables across activities to create <u>caloric expenditure/week</u>.</p>
Caloric expenditure/week in <u>moderate intensity</u> exercise-related activities	7, 9, 14-16, 19, 21, 23-26, 29-33, 36-38, 40	Same as above, subset of activities with MET values ≥ 3.0 .
Frequency/week of all exercise-related activities	7, 9, 10, 14-16, 19-35, 36, 40	SUM frequency scores/week for each of the activities (allow those with missing data on frequency to be included in the sum).
Frequency/week of <u>moderate intensity</u> exercise-related activities	7, 9, 14-16, 19, 21, 23-26, 29-33, 36-38, 40	SUM frequency scores/week for each of the activities (allow those with missing data on frequency to be included in the sum).

¹Based on American College of Sports Medicine formula: $\text{kcal/minute} = \text{METs} * 3.5 * (\text{body weight in kg}/200)$. Our formula converts this into kcal/week.

American College of Sports Medicine. (1995). *Guidelines for exercise testing and prescription* (5th ed.). Baltimore, MD: Williams & Wilkins.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/150703>