



## EatRight Physical Activity Questionnaire

1. On a typical day, which of the following best describes what you do?

- a. Mostly sitting or standing
- b. Mostly walking
- c. Mostly heavy labor or physically demanding work
- d. Don't know / Not sure

2. Are you currently involved in regular endurance (cardiovascular) exercise?

Yes                      No

If yes, specify the type of exercise(s): \_\_\_\_\_

How many minutes each day do you participate in these activities? \_\_\_\_\_

How many days each week do you participate in these activities? \_\_\_\_\_

3. How long have you been exercising regularly (at least 3 days each week for 30 minutes or more)?

Number of Months \_\_\_\_\_

Number of Years \_\_\_\_\_

4. Which of the following forms of exercise do you **currently** participate in?

- \_\_\_\_ Swimming
- \_\_\_\_ Walking
- \_\_\_\_ Running
- \_\_\_\_ Aerobics Classes (Type \_\_\_\_\_)
- \_\_\_\_ Biking (Indoor/Outdoor)
- \_\_\_\_ Weight Training
- \_\_\_\_ Stretching
- \_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_ I am not currently exercising on a regular basis

5. What other exercise, sport, or recreational activities have you participated in?

In the past 6 months? \_\_\_\_\_

In the past 5 years? \_\_\_\_\_

6. Were you a high school and/or college athlete?

Yes                      No

If yes, please specify the sport and level of participation:

Sport: \_\_\_\_\_

Level: \_\_\_\_\_



10. Below is a list of things people might do while trying to increase or continue regular exercise. We are interested in exercises like running, swimming, brisk walking, bicycle riding, or aerobics classes.

Whether you exercise or not, please rate how confident you are that you could really motivate yourself to do things like these consistently, for at least six months.

Please circle one number for each question.

How sure are you that you can do these things?

	I know I cannot	2	Maybe I can	4	I know I can	5	Does not apply
Get up early, even on weekends, to exercise.	1	2	3	4	5	(8)	
Stick to your exercise program after a long, tiring day at work.	1	2	3	4	5	(8)	
Exercise even though you are feeling depressed.	1	2	3	4	5	(8)	
Continue to exercise with others even though they seem too fast or too slow for you.	1	2	3	4	5	(8)	
Stick to your exercise program when undergoing a stressful life change (e.g., divorce, death in the family, moving).	1	2	3	4	5	(8)	
Stick to your exercise program when your family is demanding more time from you.	1	2	3	4	5	(8)	
Stick to your exercise program when you have household chores to attend to.	1	2	3	4	5	(8)	
Stick to your exercise program even when you have excessive demands at work.	1	2	3	4	5	(8)	
Stick to your exercise program when social obligations are very time consuming.	1	2	3	4	5	(8)	