

5) Now thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate? (check one)

YES

NO

DON'T KNOW

6) How many days per week do you do these vigorous activities for at least 10 minutes at a time? (fill in or check don't know)

days/week

DON'T KNOW

7) On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? (fill in or check don't know)

: /day
(hrs) (min)

DON'T KNOW