



Albertans Studying the Connection Between Lifestyle and Cancer

The Physical Activity Questionnaire is one of three questionnaires that will describe your past and current health as you begin to participate in The Tomorrow Project cancer research study.

The questions are about your **physical activities in the past 12 months**, including:

- **Employment & Volunteer** activities
- **Household & Do-it-yourself** activities
- **Recreation & Leisure** activities

This questionnaire may take about 15-20 minutes to answer.

If you are not sure of how to answer a question, please feel free to contact us:

- Call our toll free number: 1.877.919.9292
- Email us: [tomorrow@cancerboard.ab.ca](mailto:tomorrow@cancerboard.ab.ca)

Acknowledgments must be given to Dr. Christine Friedenreich of the Alberta Cancer Board, Canada if this questionnaire is used or modified

# Physical Activity Questionnaire

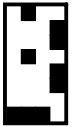
## Directions:

- First, record the types of activities you took part in over the past 12 months.
- Next, record how often you took part in each activity, for how long, and at what intensity level.
- The timing and intensity of your activities may have varied over the 12 months. Do your best to estimate your average or usual activity pattern.
- Do not “double-count” hours – your total activity hours should add up to no more than the hours you are awake.
- In each section, the top pages provide examples of how to fill in the charts. Read through the examples and then fill in your activities on the bottom pages.
- **If a whole page does not apply to you, please write NA in the first column. We will then know you did not miss the page.**

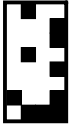


ALBERTA CANCER FOUNDATION

A research initiative of the Alberta Cancer Board



# Employment & Volunteer Activities



**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

- 1** = Activities done mainly **sitting** down
- 2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**
- 3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**
- 4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

**EXAMPLE:**

**Activity 1**

- In the past 12 months, Joe's job has been **farming**. He took **2 weeks of holidays**.
- His main physical activities = **drive** equipment, **walk & shovel**.
- He farms **11.5** months a year, **6** days a week, **9.5** hours a day.
- He **drives** and **walks** **8.5** hours a day and rates his physical intensity level for those activities as **2**.
- He **shovels** **1.0** hours a day and rates his physical intensity level for shoveling as **4**.

**Activity 2**

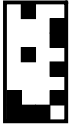
- In the past 12 months Joe has been **volunteering for a 4H Club**.
- His physical activities are **sitting** and **standing**.
- He volunteers **10** months a year, **1** day a week, **2** hours a day.
- He rates his physical intensity level as **1** because his main activity is sitting.

Job Title Employment and volunteer work	Main Physical Activities List up to 3 main activities that you did on the job in the past 12 months <i>e.g. sit, stand, walk, carry loads</i>	Months per Year	Days per Week	Hours per Day	Physical Intensity Level <b>1,2,3,4</b> Choose the level for you	OFFICE USE ONLY																				
Farmer	Drive, walk	11.5	6	8.5	2	<table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> </table>																				
Farmer	Shovel	11.5	6	1.0	4	<table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> </table>																				
4H Club volunteer	Sit, stand	10	1	2	1	<table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> <tr><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td><td style="width: 25px; height: 25px;"></td></tr> </table>																				

# Your Employment & Volunteer Activities

- (1) Start a new line for each job that you did in the past 12 months (paid or volunteer).
- (2) Start a new line when the pattern changed, such as when the activities, intensity level, or the number of months, days or hours of the job changed.
- (3) Remember to deduct weeks or months you were on vacation.
- (4) If you are involved in a volunteer or work activity less than once a week, record the days and the appropriate interval in the "Days per week" column, e.g. "Bingo 1 day/month".

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Job Title Employment and volunteer work	Main Physical Activities List up to 3 <b>main</b> activities that you did on the job in the past 12 months  <i>e.g. sit, stand, walk, carry loads</i>	Months per Year	Days per Week	Hours per Day	Physical Intensity Level <b>1,2,3,4</b> Choose the level for you	OFFICE USE ONLY																				
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## Walking, biking to and from employment & volunteer activities

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

**2** = Activities (walking, biking etc.) that **do not increase your heart rate** & cause **no sweating**

**3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

**4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

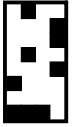
#### Activity 1

- Sandra works part-time as a **nurse** in a community health centre near her home.
- She **walks** to and from work **5** months of the year, **3** days a week, (**15 minutes each way**); the rest of the year she drives.
- She rates her physical intensity level for **walking** as **2**.

#### Activity 2

- Sandra also **volunteers** 1 day a week at her children's school 10 months per year.
- **4** months of the year she **bikes** to and from the school (**30 minutes each way**); the rest of the year she drives.
- She rates her physical activity level for **biking** as **3**.

Job Title Employment and volunteer work from page 3	Type of Activity To go to and from work or volunteer activity <i>e.g. walk, bike, in-line skate etc.</i>	Months per Year	Days per Week	Minutes per Day	Physical Intensity Level <b>2,3,4</b> Choose the level for you	OFFICE USE ONLY
Nurse	Walk	5	3	30 min	2	<input type="text"/> <input type="text"/> <input type="text"/>
School Volunteer	Bike	4	1	60 min	3	<input type="text"/> <input type="text"/> <input type="text"/>



## Your walking, biking to and from employment & volunteer activities

- (1) Start a new line for each job from page 3 (paid or volunteer) that involves walking or biking to and/or from work in the past 12 months.
- (2) Do not include walking that is part of your job *at work*. (Walking *at work* should be recorded on page 3.)
- (3) Include any other means of transportation you use for getting to work, like in-line skating etc.
- (4) Include the time you walk to and from the bus or your car.
- (5) Record your time in minutes. (This is the only section that asks for your answer in minutes – continue to enter your time in hours in the rest of the questionnaire.)
- (6) **OR: If this section does not apply to you, please write NA on the first line.**

Job Title Employment and volunteer work from page 3	Type of Activity To go to and from work or volunteer activity <i>e.g. walk, bike, in-line skate etc.</i>	Months per Year	Days per Week	Minutes per Day	Physical Intensity Level <b>2,3,4</b> Choose the level for you	OFFICE USE ONLY
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# Household, Childcare & Do-It-Yourself Activities



## INCLUDING:

- HOUSEWORK (e.g. cook, clean, do laundry, iron, vacuum, shop for groceries)
- CHILDCARE (e.g. dress, feed, play with own children)
- YARD WORK (e.g. cut grass, shovel snow, wash the car, garden)
- DO-IT-YOURSELF JOBS (e.g. do renovations & repairs at home or at a cabin)

For this category, **DO NOT** include activities that are done **SEATED** (e.g. sewing, paying bills).

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

- 2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**
- 3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**
- 4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

## EXAMPLE:

### Activities 1 and 2

- Sandra shares the housework (**meals, dishes and laundry**) and childcare (**feeding, dressing, playing**) with her family.
- She does housework **12** months a year, **7** days a week for an average of **2** hours a day at an intensity level of **2**.
- She cares for her children **12** months a year, **7** days a week for an average of **3** hours a day at an intensity level of **3**.

### Activity 3

- Sandra also shares the yard work with her husband (**gardening, cutting grass**).
- She does yard work **5** months a year, **3** days a week, and averages about **1.5** hours a day.
- She rates her physical intensity level for **yard work** as **3**.

Type of Activity	Months per Year	Days per Week	Hours per Day	Physical Intensity Level <b>2,3,4</b> Choose the level for you
Meals, dishes, laundry	12	7	2	2
Feed, dress, play with kids	12	7	3	3
Garden, cut grass	5	3	1.5	3



## Recreation & Leisure Activities

For this category, **DO NOT** include activities that are done **SEATED** (playing cards, reading, etc.).

**PHYSICAL INTENSITY LEVELS:** Choose the one that best describes your experience.

**2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

**3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

**4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

### EXAMPLE:

#### Activity 1

- Greg went on a **fishing** trip this past year.
- He went on a **10** day trip.
- He fished about **4** hours each day.
- For him, fishing is a level **2**.

#### Activity 2

- Greg also **walks** regularly.
- He walks for **6** months of the year.
- He walks **4** days a week, for **30** minutes.
- For him, walking is a level **3**.


#### Activity 3

- Greg also **cycles** regularly.
- He cycles **8** months of the year.
- He cycles **4** days a month, for **3** hours.
- For him, cycling is a level **4**.

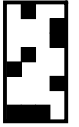
Recreation or Leisure Activity Please be specific when possible	Months per Year	Frequency Please specify how many days <b>-per week -per month</b> or <b>-per year</b>	Hours per Day	Physical Intensity Level <b>2,3,4</b> Choose the level for you	OFFICE USE ONLY
Fishing	--	10 days per Year	4	2	<input type="text"/> <input type="text"/> <input type="text"/>
Walking	6	4 days per Week	0.5	3	<input type="text"/> <input type="text"/> <input type="text"/>
Cycling	8	4 days per Month	3	4	<input type="text"/> <input type="text"/> <input type="text"/>



# Your Recreation & Leisure Activities

- (1) Start a new line when the pattern changed, such as when the activity, intensity level, or the number of months, days or hours of your recreational activities in the past 12 months changed.
- (2) Do not include walking that you did as part of your job or volunteer activities – this type of walking should be recorded on page 3.
- (3) Before you start, see next page for examples of activities... 

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Recreation or Leisure Activity Please be specific when possible	Months per Year	Frequency Please specify how many days <b>-per week -per month</b> or <b>-per year</b>	Hours per Day	Physical Intensity Level <b>2,3,4</b> Choose the level for you	OFFICE USE ONLY
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## Examples of Recreation & Leisure Activities

Aerobics  
Aquacize  
Archery  
Backpacking  
Badminton  
Basketball  
Bicycling  
Billiards  
Boating  
Bowling  
Boxing  
Broomball  
Calisthenics  
Canoeing  
Circuit training  
Climbing (rock, wall)  
Coaching  
Cricket  
Curling  
Dancing  
Darts  
Deepwater running  
Diving  
Fishing  
Football  
Frisbee  
Golf  
Gymnastics

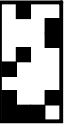
Handball  
Hang gliding  
Hiking  
Hockey  
Horseback riding  
Horseshoe pitching  
Hunting  
Ice-skating  
Jogging  
Judo  
Jujitsu  
Karate  
Kayaking  
Lacrosse  
Motor cross  
Orienteering  
Paddleball  
Ping-pong  
Racquetball  
Rowing  
Rugby  
Running  
Sailing  
Scuba diving  
Shuffleboard  
Skateboarding  
Skiing, downhill  
Skiing, cross-country

Sledding  
Snorkeling  
Snow shoeing  
Snowboarding  
Soccer  
Softball  
Squash  
Stair climber  
Stationary bicycling  
Stretching  
Surfing  
Swimming  
Tai chi  
Telemarking  
Tennis  
Tobogganing  
Track & field  
Treadmill  
Volleyball  
Walking  
Water polo  
Water volleyball  
Water skiing  
Weight lifting  
Whitewater rafting  
Wrestling  
Yoga

## Tell us what you think!

Your feedback is important to us and will be used as a tool to streamline and improve this survey. In the space below, please record your comments or concerns. If your comment is about a specific question, please refer to it by page number.

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As a whole, how easy was this survey to complete?

Not easy at all  1  2  3  4  5  6  7 Very Easy

Comments (optional): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date Survey Completed: \_\_\_\_\_ Your Current Age: \_\_\_\_\_

Please fill in the corresponding bubble for your gender:  Male  Female

Thank you very much for answering the Physical Activity Questionnaire!

Please return the questionnaire in the postage paid envelope at your earliest convenience