

7-Day Physical Activity Recall

SSN

PAR#: 1 2 3 4 5 6 7

Participant \_\_\_\_\_

Interviewer \_\_\_\_\_ Today is \_\_\_\_\_ Today's Date \_\_\_\_\_

1. Were you employed in the last seven days? 0. No (Skip to Q#4) 1. Yes
2. How many days of the last seven did you work? \_\_\_\_\_ days
3. How many total hours did you work in the last seven days? \_\_\_\_\_ hours last week
4. What two days do you consider your weekend days? \_\_\_\_\_

(mark days below with a squiggle)

WORKSHEET

DAYS

		1	2	3	4	5	6	7
<b>SLEEP</b>		1 __	2 __	3 __	4 __	5 __	6 __	7 __
<b>MORNING</b>	Moderate							
	Hard							
	Very Hard							
<b>AFTERNOON</b>	Moderate							
	Hard							
	Very Hard							
<b>EVENING</b>	Moderate							
	Hard							
	Very Hard							
<b>Total Min Per Day</b>	Strength:							
	Flexibility:	_____	_____	_____	_____	_____	_____	_____

4a. Compared to your physical activity over the past 3 months, was last week's physical activity more, less, or about the same? 1. More                      2. Less                      3. About the same	6. Do you think this was a valid PAR interview? 1. Yes                      0. No If NO, go to the back and explain.
5. Were there any problems with the PAR interview? 0. No                      1. Yes If YES, go to the back and explain.	7. Were there any special circumstances concerning this PAR ? 0. No                      1. Yes, If YES, what were they?(circle) 1. Injury all week      2. Illness all week      3. Illness part week 4. Injury part week    5. Pregnancy            6. Other:

**Worksheet Key:**

An asterisk (\*) denotes a work-related activity.

A squiggly line through a column (day) denotes a weekend day.

**Rounding:** 10-22 min.=.25

23-37 min.=.50

38-52 min.=.75

53-1:07 hr/min. =1.0

1:08-1:22 hr/min.=1.25

5. Explain why there were problems with this PAR interview:

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6. If PAR interview was not valid, why was it not valid?

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7. Please list below any activities reported by the subject which you do not know how to classify.

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8. Please provide any other comments you may have.

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