| Type | Code |
| :--- | :--- |
| Measurement Unit | We would like to know the type and amount of physical activity involved in <br> your daily life. How often do you take part in sports or activities that are <br> vigorous, such as running or jogging, swimming, cycling, aerobics or gym <br> workout, tennis, or digging with a spade or shovel? |
| 1 | more than once a week |
| 4 | once a week |
| 4 | hardly ever or never |

