

The header area features a dark gray background with the text "H1GH30B - S3Q30B WEIGHT LOSS METHOD-EXERCISE-W1" in white. A small icon of a puzzle piece is located to the left of the text.

Type	Code
Measurement Unit	numeric
H1GH30B	30B. During the past seven days, which of the following things did you do in order to lose weight or to keep from gaining weight (exercised)? [Read list and code all that apply.]
0	not marked
1	marked