

 every day or almost every day, 3 to 5 days a week, 1 or 2 days a week

1	every day or almost every day
2	3 to 5 days a week
3	1 or 2 days a week
4	2 or 3 days a month
5	once a month or less (3-12 times in the past 12 months)
6	1 or 2 days in the past 12 months
7	never