

 none, 1 or 2 days in the past 12 months, once a month or less (3 to 12 days in the past 12 months)

0	none
1	1 or 2 days in the past 12 months
2	once a month or less (3 to 12 days in the past 12 months)
3	2 or 3 days a month
4	1 or 2 days a week
5	3 to 5 days a week
6	every day or almost every day