

Environmental Exposure Questionnaire: Physical Activity and Sleep

Start of Block: Default Question Block

Q5 PHYSICAL ACTIVITIES & SLEEP

Q6

The following questions will ask you about the time you spent doing different types of physical activity, and how long you slept. Please answer all questions even if you do not consider yourself to be a physically active person.

When answering these questions consider “vigorous activity” to be activities that produce a large increase in breathing and heart rate; and “moderate activity” to be activities that produce a moderate increase in breathing and heart rate.

While answering these questions, please consider physical activity at your work, such as lifting boxes; at your home, such as vacuuming or gardening; and in your hobbies or recreational activities.

Q7 These questions were primarily completed by:

- ☐ Study Participant (1)
 - ☐ Study Participant's Spouse (2)
 - ☐ Other relative (3) _____
 - ☐ Someone else (4) _____
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Q8 Please select your current age group:

- ☐ 18-25 (1)
 - ☐ 26-35 (2)
 - ☐ 36-45 (3)
 - ☐ 46-55 (4)
 - ☐ 56-65 (5)
 - ☐ 66 or above (6)
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Q9 From age 12 through age 17, in a typical week how many hours of:

Q10 a. **vigorous physical activity did you engage in?**

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q11 **b. moderate physical activity did you engage in?**

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
-

Q12 **c. sleep did you get on an average night?**

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: Default Question Block

Start of Block: 18-25

Q13 **From age 18 through age 25, in a typical week how many hours of:**

Q14 a. **vigorous** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q15 b. **moderate** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
-

Q16 c. sleep did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 18-25

Start of Block: 26-35

Q17 From age 26 through age 35, in a typical week how many hours of:

Q18 a. vigorous physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q19 b. **moderate** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q20 c. **sleep** did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 26-35

Start of Block: 36-45

Q21 From age 36 through age 45, in a typical **week** how many hours of:

Q22 a. **vigorous** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q23 b. **moderate** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q24 c. sleep did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 36-45

Start of Block: 46-55

Q25 From age 46 to 55, in a typical week how many hours of:

Q26 a. vigorous physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q27 b. **moderate** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q28 c. **sleep** did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 46-55

Start of Block: 56-65

Q29 From age 56 to 65, in a typical **week** how many hours of:

Q30 a. **vigorous** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q31 b. **moderate** physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q32 c. sleep did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 56-65

Start of Block: 66+

Q33 From age 66 and above, in a typical week how many hours of:

Q34 a. vigorous physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q35 b. moderate physical activity did you engage in?

- ☐ less than 1 hour (1)
 - ☐ 1-4 hours (2)
 - ☐ 5-10 hours (3)
 - ☐ More than 10 hours/week (4)
 - ☐ Don't Know (5)
 - ☐ Prefer Not to Answer (6)
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Q36 c. sleep did you get on an average night?

- ☐ less than 5 hours (1)
- ☐ 5-6 hours (2)
- ☐ 6-7 hours (3)
- ☐ 7-8 hours (4)
- ☐ more than 8 hours (5)
- ☐ Don't Know (6)
- ☐ Prefer Not to Answer (7)

End of Block: 66+
