

Physical Activity Questionnaire

The questions are about your **physical activities in the past 12 months**, before your breast cancer diagnosis, including:

- **Employment & Volunteer** activities
- **Household & Do-it-yourself** activities
- **Recreation & Leisure** activities

This questionnaire may take about 15-20 minutes to answer.

If you are not sure of how to answer a question, please feel free to contact us:

- Call us in Calgary at: 403-698-8184
- Call us in Edmonton at: 780-492-8274

Directions:

- First, record the types of activities you took part in over the past 12 months.
- Next, record how often you took part in each activity, for how long, and at what intensity level.
- The timing and intensity of your activities may have varied over the 12 months. Do your best to estimate your average or usual activity pattern.
- Do not “double-count” hours – your total activity hours should add up to no more than the hours you are awake.
- In each section, the top pages provide examples of how to fill in the charts. Read through the examples and then fill in your activities on the bottom pages.
- **If a whole page does not apply to you, please write NA in the first column. We will then know you did not miss the page.**

Office use only

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L C V QA

Employment & Volunteer Activities

PHYSICAL INTENSITY LEVELS: Choose the one that best describes your experience.

- 1** = Activities done mainly **sitting** down
- 2** = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**
- 3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**
- 4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

EXAMPLE:

Activity 1

- In the past 12 months, Sue has been an **office administrator**. **She took 2 weeks of holidays.**
- Her main physical activities = **walking, standing, and sitting.**
- She works **11.5** months a year, **5** days a week, **7.5** hours a day.
- She **walks 1.5** hours a day and rates her physical intensity level as **2**.
- She **stands 1.0** hour a day and rates her physical intensity level as **2**.

Activity 2

- In the past 12 months, Sue has been **volunteering for a foodbank.**
- Her physical activities are **lifting and standing.**
- She volunteers **10** months a year, **1** day a week, **2** hours a day.
- She rates her physical intensity level as **2** because her main activity is **standing**.

Job Title Employment and volunteer work	Main Physical Activities List up to 3 main activities that you did on the job in the past 12 months. <i>e.g. sit, stand, walk, carry loads</i>	Months per year	Days per week	Hours per day	Physical Intensity Level 1,2,3,4 <i>Choose the level for you</i>	OFFICE USE ONLY
Office Administrator	Sit	11.5	5	5.0	1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Office Administrator	Stand, Walk	11.5	5	2.5	2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Foodbank volunteer	Standing and Lifting	10	1	2	2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Your Employment & Volunteer Activities

- (1) Start a new line for each job that you did in the past 12 months (paid or volunteer).
- (2) Start a new line when the pattern changed, such as when the activities, intensity level, or the number of months, days or hours of the job changed.
- (3) Remember to deduct weeks or months you were on vacation.
- (4) If you are involved in a volunteer or work activity less than once a week, record the days and the appropriate interval in the “Days per week” column, e.g. “Bingo 1 day/month”.

Job Title Employment and volunteer work	Main Physical Activities List up to 3 main activities that you did on the job in the past 12 months <i>e.g. sit, stand, walk, carry loads</i>	Months per year	Days per week	Hours per day	Physical Intensity Level 1,2,3,4 <i>Choose the level for you</i>	OFFICE USE ONLY
PYTPAQ_OCCUPATION_ACTIVITY_CODE	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_1	PYTPAQ_Occupation_Months_1	PYTPAQ_Occupation_Days_1	PYTPAQ_Occupation_Hours_1	PYTPAQ_Occupation_PIL_1	<input type="text"/>
	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_2	PYTPAQ_Occupation_Months_2	PYTPAQ_Occupation_Days_2	PYTPAQ_Occupation_Hours_2	PYTPAQ_Occupation_PIL_2	<input type="text"/>
	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_3	PYTPAQ_Occupation_Months_3	PYTPAQ_Occupation_Days_3	PYTPAQ_Occupation_Hours_3	PYTPAQ_Occupation_PIL_3	<input type="text"/>
	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_4	PYTPAQ_Occupation_Months_4	PYTPAQ_Occupation_Days_4	PYTPAQ_Occupation_Hours_4	PYTPAQ_Occupation_PIL_4	<input type="text"/>
	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_5	PYTPAQ_Occupation_Months_5	PYTPAQ_Occupation_Days_5	PYTPAQ_Occupation_Hours_5	PYTPAQ_Occupation_PIL_5	<input type="text"/>
	PYTPAQ_OCCUPATION_ACTIVITY_DESCRIPTION_6	PYTPAQ_Occupation_Months_6	PYTPAQ_Occupation_Days_6	PYTPAQ_Occupation_Hours_6	PYTPAQ_Occupation_PIL_6	<input type="text"/>

Walking, biking to and from employment & volunteer activities

PHYSICAL INTENSITY LEVELS: Choose the one that best describes your experience.

- 2** = Activities (walking, biking etc.) that **do not increase your heart rate** & cause **no sweating**
- 3** = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**
- 4** = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

EXAMPLE:

Activity 1

- Sandra works part-time as a **nurse** in a community health centre near her home.
- She **walks** to and from work **5** months of the year, **3** days a week, (**15 minutes each way**); the rest of the year she drives.
- She rates her physical intensity level for **walking** as **2**.

Activity 2

- Sandra also **volunteers** 1 day a week at her children's school 10 months per year.
- **4** months of the year she **bikes** to and from the school (**30 minutes each way**); the rest of the year she drives.
- She rates her physical activity level for **biking** as **3**.

Job Title Employment and volunteer work from page 3	Type of activity To go to and from work or volunteer activity e.g. walk, bike, in-line skate etc.	Months per year	Days per week	Minutes per day	Physical Intensity Level 2,3,4 Choose the level for you	OFFICE USE ONLY
Nurse	Walk	5	3	30 min	2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
School volunteer	Bike	4	1	60 min	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Your walking, biking to and from employment & volunteer activities

- (1) Start a new line for each job from page 3 (paid or volunteer) that involves walking or biking to and/or from work in the past 12 months.
- (2) Do not include walking that is part of your job at work. (Walking at work should be recorded on page 3.)
- (3) Include any other means of transportation you use for getting to work, like in-line skating etc.
- (4) Include the time you walk to and from the bus or your car.
- (5) Record your time in minutes. (This is the only section that asks for your answer in minutes – continue to enter your time in hours in the rest of the questionnaire.)
- (6) **OR: If this section does not apply to you, please write NA on the first line.**

Job Title Employment and volunteer work from page 3	Type of activity to go to and from work or volunteer activity <i>e.g. walk, bike, in-line skate etc.</i>	Months per year	Days per week	<u>Minutes</u> per day	Physical Intensity Level 2,3,4 Choose the level for you	OFFICE USE ONLY BWCODE
PYTPAQ_TRANSIT_ACTIVITY_CODE	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_1	PYTPAQ_Transit_Months_1	PYTPAQ_Transit_Days_1	PYTPAQ_Transit_Min_1 min	PYTPAQ_Transit_PIL_1	
	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_2	PYTPAQ_Transit_Months_2	PYTPAQ_Transit_Days_2	PYTPAQ_Transit_Min_2 min	PYTPAQ_Transit_PIL_2	2
	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_3	PYTPAQ_Transit_Months_3	PYTPAQ_Transit_Days_3	PYTPAQ_Transit_Min_3 min	PYTPAQ_Transit_PIL_3	3
	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_4	PYTPAQ_Transit_Months_4	PYTPAQ_Transit_Days_4	PYTPAQ_Transit_Min_4 min	PYTPAQ_Transit_PIL_4	4
	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_5	PYTPAQ_Transit_Months_5	PYTPAQ_Transit_Days_5	PYTPAQ_Transit_Min_5 min	PYTPAQ_Transit_PIL_5	5
	PYTPAQ_TRANSIT_ACTIVITY_DESCRIPTION_6	PYTPAQ_Transit_Months_6	PYTPAQ_Transit_Days_6	PYTPAQ_Transit_Min_6 min	PYTPAQ_Transit_PIL_6	6

BWCODE

Household, Childcare & Do-It-Yourself Activities

INCLUDING:

HOUSEWORK (e.g. cook, clean, do laundry, iron, vacuum, shop for groceries)

CHILDCARE (e.g. dress, feed, play with own children)

YARD WORK (e.g. cut grass, shovel snow, wash the car, garden)

DO-IT-YOURSELF JOBS (e.g. do renovations & repairs at home or at a cabin)

For this category, **DO NOT** include activities that are done **SEATED** (e.g. sewing, paying bills).

PHYSICAL INTENSITY LEVELS: Choose the one that best describes your experience.

2 = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

3 = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

4 = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

EXAMPLE:

Activities 1 and 2

- Sandra shares the housework (**meals, dishes and laundry**) and childcare (**feeding, dressing, playing**) with her family.
- She does housework **12** months a year, **7** days a week for an average of **2** hours a day at an intensity level of **2**.
- She cares for her children **12** months a year, **7** days a week for an average of **3** hours a day at an intensity level of **3**.

Activity 3

- Sandra also shares the yard work with her husband (**gardening, cutting grass**).
- She does yard work **5** months a year, **3** days a week, and averages about **1.5** hours a day.
- She rates her physical intensity level for **yard work** as **3**.

Type of Activity	Months per Year	Days per Week	Hours per Day	Physical Intensity Level 2,3,4 Choose the level for you
Meals, dishes, laundry	12	7	2	2
Feed, dress, play with kids	12	7	3	3
Garden, cut grass	5	3	1.5	3

Your Household, Childcare & Do-It-Yourself Activities

- (1) Start a new line when the pattern changed, such as when the intensity level, or the number of months, days or hours changed in the past 12 months.
- (2) Report seasonal activities like gardening or snow shoveling separately from year round activities.
- (3) If you are being paid to provide childcare, report this activity on page 3.

Type of Activity		Months per Year	Days per Week	Hours per Day	Physical Intensity Level 2,3,4 Choose the level for you
1	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_1	PYTPAQ_Household_Months_1	PYTPAQ_Household_Days_1	PYTPAQ_Household_Hours_1	PYTPAQ_Household_PIL_1
2	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_2	PYTPAQ_Household_Months_2	PYTPAQ_Household_Days_2	PYTPAQ_Household_Hours_2	PYTPAQ_Household_PIL_2
3	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_3	PYTPAQ_Household_Months_3	PYTPAQ_Household_Days_3	PYTPAQ_Household_Hours_3	PYTPAQ_Household_PIL_3
4	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_4	PYTPAQ_Household_Months_4	PYTPAQ_Household_Days_4	PYTPAQ_Household_Hours_4	PYTPAQ_Household_PIL_4
5	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_5	PYTPAQ_Household_Months_5	PYTPAQ_Household_Days_5	PYTPAQ_Household_Hours_5	PYTPAQ_Household_PIL_5
6	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_6	PYTPAQ_Household_Months_6	PYTPAQ_Household_Days_6	PYTPAQ_Household_Hours_6	PYTPAQ_Household_PIL_6
7	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_7	PYTPAQ_Household_Months_7	PYTPAQ_Household_Days_7	PYTPAQ_Household_Hours_7	PYTPAQ_Household_PIL_7
8	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_8	PYTPAQ_Household_Months_8	PYTPAQ_Household_Days_8	PYTPAQ_Household_Hours_8	PYTPAQ_Household_PIL_8
9	PYTPAQ_HOUSEHOLD_ACTIVITY_DESCRIPTION_9	PYTPAQ_Household_Months_9	PYTPAQ_Household_Days_9	PYTPAQ_Household_Hours_9	PYTPAQ_Household_PIL_9

Recreation & Leisure Activities

For this category, **DO NOT** include activities that are done **SEATED** (playing cards, reading, etc.).

PHYSICAL INTENSITY LEVELS: Choose the one that best describes your experience.

2 = Activities done mainly **standing**, that **do not increase your heart rate** & cause **no sweating**

3 = Activities that cause **your heart rate to increase slightly** & cause **some light sweating**

4 = Activities that cause **your heart rate to increase substantially** & cause **heavy sweating**

EXAMPLE:

Activity 1

- Mary went on a **hiking** trip this past year.
- She went on a **10** day trip.
- She hiked about **4** hours each day.

- For her, hiking is a level **3**.

Activity 2

- Mary also **walks** regularly.
- She walks for **6** months of the year.
- She walks **4** days a week, for **30** minutes.
- For her, walking is a level **3**

Activity 3

- Mary also **cycles** regularly.
- She cycles **8** months of the year.
- She cycles **4** days a month, for **3** hours.
- For her, cycling is a level **4**.

Recreation or Leisure Activity Please be specific when possible	Months per Year	Frequency Please specify how many days •per week •per month or •per year	Hours per Day	Physical Intensity Level 2,3,4 Choose the level for you	OFFICE USE ONLY
Hiking	--	<u>10</u> days per <u> </u> Year	4	2	□□□
Walking	6	<u>4</u> days per <u> </u> Week	0.5	3	□□□
Cycling	8	<u>4</u> days per <u> </u> Month	3	4	□□□

Your Recreation & Leisure Activities

- (1) Start a new line when the pattern changed, such as when the activity, intensity level, or the number of months, days or hours of your recreational activities in the past 12 months changed.
- (2) Do not include walking that you did as part of your job or volunteer activities – this type of walking should be recorded on page 3.
- (3) Before you start, see next page for examples of activities... 

PYTPAQ_LEISURE_ACTIVITY_CODE Recreation or Leisure Activity Please be specific when possible	Months per Year	Frequency Please specify how many days •per week •per month or •per year PYTPAQ_	Hours per Day	Physical Intensity Level 2,3,4 Choose the level for you	LeisureCODE OFFICE USE ONLY
1PYTPAQ_LEISURE_ACTIVITY_CODE_1	PYTPAQ_Leisure_Month_1	PYTPAQ_Leisure_Freq_1 Leisure_Frequnit_1 _____ days per _____	PYTPAQ_Leisure_Hours_1	PYTPAQ_Leisure_PIL_1	<input type="text"/> <input type="text"/> <input type="text"/> 1
2PYTPAQ_LEISURE_ACTIVITY_CODE_2	PYTPAQ_Leisure_Month_2	PYTPAQ_Leisure_Freq_2 Leisure_Frequnit_2 _____ days per _____	PYTPAQ_Leisure_Hours_2	PYTPAQ_Leisure_PIL_2	<input type="text"/> <input type="text"/> <input type="text"/> 2
PYTPAQ_LEISURE_ACTIVITY_CODE_3 3	PYTPAQ_Leisure_Month_3	PYTPAQ_Leisure_Freq_3 Leisure_Frequnit_3 _____ days per _____	PYTPAQ_Leisure_Hours_3	PYTPAQ_Leisure_PIL_3	<input type="text"/> <input type="text"/> <input type="text"/> 3
PYTPAQ_LEISURE_ACTIVITY_CODE_4 4	PYTPAQ_Leisure_Month_4	PYTPAQ_Leisure_Freq_4 Leisure_Frequnit_4 _____ days per _____	PYTPAQ_Leisure_Hours_4	PYTPAQ_Leisure_PIL_4	<input type="text"/> <input type="text"/> <input type="text"/> 4
PYTPAQ_LEISURE_ACTIVITY_CODE_5 5	PYTPAQ_Leisure_Month_5	PYTPAQ_Leisure_Freq_5 Leisure_Frequnit_5 _____ days per _____	PYTPAQ_Leisure_Hours_5	PYTPAQ_Leisure_PIL_5	<input type="text"/> <input type="text"/> <input type="text"/> 5
PYTPAQ_LEISURE_ACTIVITY_CODE_6 6	PYTPAQ_Leisure_Month_6	PYTPAQ_Leisure_Freq_6 Leisure_Frequnit_6 _____ days per _____	PYTPAQ_Leisure_Hours_6	PYTPAQ_Leisure_PIL_6	<input type="text"/> <input type="text"/> <input type="text"/> 6
PYTPAQ_LEISURE_ACTIVITY_CODE_7 7	PYTPAQ_Leisure_Month_7	PYTPAQ_Leisure_Freq_7 Leisure_Frequnit_7 _____ days per _____	PYTPAQ_Leisure_Hours_7	PYTPAQ_Leisure_PIL_7	<input type="text"/> <input type="text"/> <input type="text"/> 7
PYTPAQ_LEISURE_ACTIVITY_CODE_8 8	PYTPAQ_Leisure_Month_8	PYTPAQ_Leisure_Freq_8 Leisure_Frequnit_8 _____ days per _____	PYTPAQ_Leisure_Hours_8	PYTPAQ_Leisure_PIL_8	<input type="text"/> <input type="text"/> <input type="text"/> 8
PYTPAQ_LEISURE_ACTIVITY_CODE_9 9	PYTPAQ_Leisure_Month_9	PYTPAQ_Leisure_Freq_9 Leisure_Frequnit_9 _____ days per _____	PYTPAQ_Leisure_Hours_9	PYTPAQ_Leisure_PIL_9	<input type="text"/> <input type="text"/> <input type="text"/> 9
PYTPAQ_LEISURE_ACTIVITY_CODE_10 10	PYTPAQ_Leisure_Month_10	PYTPAQ_Leisure_Freq_10 Leisure_Frequnit_10 _____ days per _____	PYTPAQ_Leisure_Hours_10	PYTPAQ_Leisure_PIL_10	<input type="text"/> <input type="text"/> <input type="text"/> 10
PYTPAQ_LEISURE_ACTIVITY_CODE_11 11	PYTPAQ_Leisure_Month_11	PYTPAQ_Leisure_Freq_11 Leisure_Frequnit_11 _____ days per _____	PYTPAQ_Leisure_Hours_11	PYTPAQ_Leisure_PIL_11	<input type="text"/> <input type="text"/> <input type="text"/> 11

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Examples of Recreation & Leisure Activities

Aerobics
Aquacize
Archery
Backpacking
Badminton
Basketball
Bicycling
Billiards
Boating
Bowling
Boxing
Broomball
Calisthenics
Canoeing
Circuit training
Climbing (rock, wall)
Coaching
Cricket
Curling
Dancing
Darts
Deepwater running
Diving
Fishing
Football
Frisbee
Golf
Gymnastics

Handball
Hang gliding
Hiking
Hockey
Horseback riding
Horseshoe pitching
Hunting
Ice-skating
Jogging
Judo
Jujitsu
Karate
Kayaking
Lacrosse
Motor cross
Orienteering
Paddleball
Ping-pong
Racquetball
Rowing
Rugby
Running
Sailing
Scuba diving
Shuffleboard
Skateboarding
Skiing, downhill
Skiing, cross-country

Sledding
Snorkeling
Snow shoeing
Snowboarding
Soccer
Softball
Squash
Stair climber
Stationary bicycling
Stretching
Surfing
Swimming
Tai chi
Telemarking
Tennis
Tobogganing
Track & field
Treadmill
Volleyball
Walking
Water polo
Water volleyball
Water skiing
Weight lifting
Whitewater rafting
Wrestling
Yoga

Tell us what you think!

Your feedback is important to us and will be used as a tool to streamline and improve this survey. In the space below, please record your comments or concerns. If your comment is about a specific question, please refer to it by page number.

As a whole, how easy was this survey to complete?

Not easy at all 1 2 3 4 5 6 7 **Very easy**

Comments (Optional): _____

Date Completed: / / 2 0
PYTPAQ_SEASON_RECEIVED **Day** **Month** **Year**

Thank you very much for answering the Physical Activity Questionnaire!