Physical Activity – Short Form 8a

Please respond to each question or statement by marking one box per row.

	In the past 7 days…	**No days**	**1 day**	**2-3 days**	**4-5 days**	**6-7 days**
PAC_M_009R1	How many days did you exercise or play so hard that your body got tired?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_105R1	How many days did you exercise <u>really hard</u> for 10 minutes or more?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_002R1	How many days did you exercise so much that you breathed hard?.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_008R1	How many days were you so physically active that you sweated?.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_010R1	How many days did you exercise or play so hard that your muscles burned? ...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_011R1	How many days did you exercise or play so hard that you felt tired?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_114R1	How many days were you physically active for 10 minutes or more?.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_M_134R1	How many days did you run for 10 minutes or more?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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