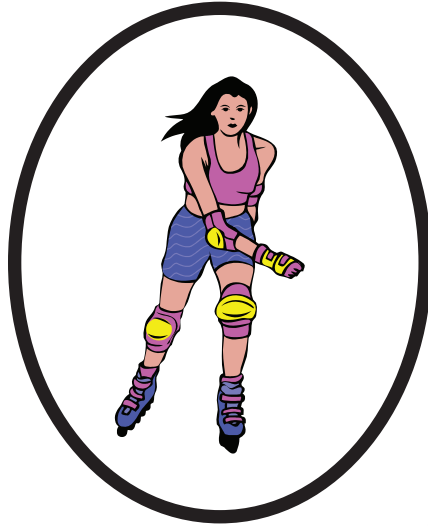




3 Day Physical Activity Recall



3 Day Physical Activity Recall

Instructions

We want to know how you spend your day. Please enter the activities you did for the past 3 days starting with yesterday.

1. For **each** time period, write in the activity number that matches the **main** activity you did during that time. If you did more than one activity during the 30 minutes, record the activity that you did for **most** of the time.

Do not leave any box under **Activity Number** blank. Put a number in every box. Don't use arrows or other marks to indicate you did one activity for several hours.

There are bold categories to help you find the activities you did like School, Homework and Physical Activity. If you can't find an activity that you did, just ask a New Moves staff person for help.

2. Activities 1-23 are in a shaded box. These activities do not involve much movement. If you do any of these activities, write the number in the activity number column then leave the other columns blank.
3. For activities 24-65, rate how physically hard each activity was. Place an X in the box to say the activity was one of the following intensities.

INTENSITY SCALE

- **Light** – slow breathing and little or no movement
Examples: stretching, badminton
- **Moderate** – normal breathing and some movement
Examples: walking, household chores
- **Hard** – increased breathing and moderate movement
Examples: walking quickly, dancing
- **Very Hard** – hard breathing and quick movement
Examples: running, biking fast or uphill

Please ask a New Moves staff person if you have any questions.

Thank you for filling out this form.

Activity Codes

EATING

1. Eating a meal
2. Snacking
3. Cooking or preparing food

SLEEP/BATHING

4. Getting dressed
5. Getting ready (hair, makeup, ect)
6. Showering/bathing
7. Sleep

SCHOOL

8. Sitting in class
9. Lunch/Free time/Study hall

HOMEWORK

10. Homework on the computer
11. Other homework

TRANSPORTATION - INACTIVE

12. Riding in a car or bus

AFTER SCHOOL/SPARE TIME/WORK - INACTIVE

13. Church/Religion
14. Hanging around
15. Listening to music (sitting)
16. Music lessons/playing instrument
17. Club/Student activity – inactive (like year book, math club...)
18. Playing video games
19. Surfing the internet, Instant Messaging, emailing, shopping online
20. Reading
21. Watching TV or movies
22. Talking on the phone
23. Working or Volunteering – inactive (like receptionist, cashier...)

AFTER SCHOOL/SPARE TIME/WORK - ACTIVE

24. Working or Volunteering – active (like waitress, babysitting...)
25. Doing house chores (like vacuuming, dusting, washing dishes...)
26. Yard work (like mowing, shoveling...)
27. Shopping
28. Club/Student activity – active (like cheerleading, marching band...)

ACTIVE TRANSPORTATION

29. Travel by walking
30. Travel by bicycling

PHYSICAL ACTIVITY





31. Aerobics, jazzercise, water aerobics
32. Basketball
33. Bicycling
34. Bowling
35. Calisthenics (like sit-ups, jumping jacks...)
36. Cheerleading, drill team, dance line
37. Dancing
38. Exercise machine
39. Football
40. Frisbee or catch
41. Golf/mini golf
42. Gymnastics/tumbling
43. Hiking
44. Hockey
45. Jumping rope
46. Kick boxing or martial arts
47. Lacrosse
48. Rollerblading, ice skating, roller skating
49. Running/jogging
50. Skateboarding
51. Skiing cross country
52. Sledding, tobogganing, bobsledding
53. Snowboarding or skiing down hill
54. Soccer
55. Softball/baseball
56. Swimming (laps)
57. Swimming (play, pool games...)
58. Tennis, racquetball, badminton
59. Trampoline
60. Track and field
61. Volleyball
62. Walking for exercise
63. Weightlifting/circuit training
64. Yoga, stretching, Pilates
65. Other





EXAMPLE





	Activity Number	Light	Moderate	Hard	Very Hard
2:00-2:30	8 (math class)				
2:30-3:00	30 (biking home)				X
3:00-3:30	25 (cleaning your room)		X		
3:30-4:00	36 (dance practice)			X	
4:00-4:30	2 (snacking)				

DAY: _____

Put an X to rate the intensity of each activity (24-65)

		Light 	Moderate 	Hard 	Very Hard 
	Activity #				
Morning	6:00-6:30				
	6:30-7:00				
	7:00-7:30				
	7:30-8:00				
	8:00-8:30				
	8:30-9:00				
	9:00-9:30				
	9:30-10:00				
	10:00-10:30				
	10:30-11:00				
	11:00-11:30				
	11:30-12:00				

		Light 	Moderate 	Hard 	Very Hard 
	Activity #				
Afternoon	12:00-12:30				
	12:30-1:00				
	1:00-1:30				
	1:30-2:00				
	2:00-2:30				
	2:30-3:00				
	3:00-3:30				
	3:30-4:00				
	4:00-4:30				
	4:30-5:00				

		Light 	Moderate 	Hard 	Very Hard 
	Activity #				
Evening	5:00-5:30				
	5:30-6:00				
	6:00-6:30				
	6:30-7:00				
	7:00-7:30				
	7:30-8:00				
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Activity Codes

EATING

1. Eating a meal
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SLEEP/BATHING

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7. Sleep

SCHOOL

8. Sitting in class
9. Lunch/Free time/Study hall

HOMEWORK

10. Homework on the computer
11. Other homework

TRANSPORTATION - INACTIVE

12. Riding in a car or bus

AFTER SCHOOL/SPARE TIME/WORK - INACTIVE

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AFTER SCHOOL/SPARE TIME/WORK - ACTIVE

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ACTIVE TRANSPORTATION

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41. Golf/mini golf
42. Gymnastics/tumbling
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44. Hockey
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46. Kick boxing or martial arts
47. Lacrosse
48. Rollerblading, ice skating, roller skating
49. Running/jogging
50. Skateboarding
51. Skiing cross country
52. Sledding, tobogganing, bobsledding
53. Snowboarding or skiing down hill
54. Soccer
55. Softball/baseball
56. Swimming (laps)
57. Swimming (play, pool games...)
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