SAMPLE ITEMS FROM THE
PHYSICAL ACTIVITY SCALE FOR THE ELDERLY

1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

   [0.] NEVER ↓ [1.] SELDOM (1-2 DAYS) ↓ [2.] SOMETIMES (3-4 DAYS) ↓ [3.] OFTEN (5-7 DAYS)

   GO TO Q. #2

   1a. What were these activities?

   _______________________________________________________

   1b. On average, how many hours per day did you engage in these sitting activities?

   [1.] LESS THAN 1 HOUR  [2.] 1 BUT LESS THAN 2 HOURS
   [3.] 2-4 HOURS  [4.] MORE THAN 4 HOURS

6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?

   [0.] NEVER ↓ [1.] SELDOM (1-2 DAYS) ↓ [2.] SOMETIMES (3-4 DAYS) ↓ [3.] OFTEN (5-7 DAYS)

   GO TO Q. #7

   6a. What were these activities?

   _______________________________________________________

   6b. On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?

   [1.] LESS THAN 1 HOUR  [2.] 1 BUT LESS THAN 2 HOURS
   [3.] 2-4 HOURS  [4.] MORE THAN 4 HOURS