

Physical Activity Habits

1) In the last week, on average did you engage in physical activity (30 minutes or more)

0/a week, 1-3/ a week, 3-5/ a week, 6-7/ a week

--On average, would you consider this activity, low, moderate, or high intensity?

2) In the last 3 months, on average did you engage in physical activity (30 minutes or more)

0/a week, 1-3/ a week, 3-5/ a week, 6-7/ a week

-- On average, would you consider this activity, low, moderate, or high intensity?

3) During the school year, on average did you engage in physical activity (30 minutes or more)

0/a week, 1-3/ a week, 3-5/ a week, 6-7/ a week

-- On average, would you consider this activity, low, moderate, or high intensity?