

Evaluation of Physical Exercise Habits

Examinee's name

※ The following questions regard your exercise habits based on a **one week period**.

Please answer all the questions even if you are not physically active.

High intensity exercise refers to strenuous exercise that makes you considerably short of breath or makes your heart beat very fast.

Moderate intensity exercise refers to moderate physical activity that makes you slightly short of breath or makes your heart beat slightly faster.

1. First, think about your **work time** per day. This can be any activity in which you engage, such as work for money, work without making money, school life/education, household chores, farming, fishery, livestock work, and job-seeking activities.

(e.g. work, study, household chores, volunteer work, school gym class, etc.)

1-1. Does **your work** include at least 10 consecutive minutes of **high intensity exercise** that makes you considerably short of breath or makes your heart beat very fast?

※ High intensity physical exercise: Lifting or carrying heavy items (over 20kg), digging dirt, construction labor, carrying items up stairs, etc.

Yes

No (Go to Question 1-4)

1-2. How often do you engage in **high intensity exercise relating to your work** per week?

☐ days per week

1-3. How long do you engage in **high intensity exercise relating to your work** per day?

☐☐ hours and ☐☐ minutes per day

1-4. Does your work include at least 10 consecutive minutes of **moderate intensity exercise** that makes you slightly short of breath or your heart beat slightly faster?

※ Moderate intensity physical exercise: Power walking (during work), carrying light items, cleaning, childcare (giving a bath, holding a baby, etc.)

Yes

No (Go to Question 2)

1-5. How often do you engage in **moderate intensity exercise relating to your work** per week?

☐ days per week

1-6. How long do you engage in **moderate intensity exercise relating to your work** per day?

☐☐ hours and ☐☐ minutes per day

2. **Exclude the exercise you have already answered for the questions above.** The following questions are about how you move from one place to another.

※ Exercise while moving from one place to another: Going to work, going shopping, going grocery shopping, going to church, going to school/home, going to after-school activities, etc.

2-1. **Do you walk or ride a bicycle for at least 10 consecutive minutes when you go from one place to another?**

Yes

No (Go to Question 3)

2-2. **On average per week**, how often do you walk or ride a bicycle for at least 10 consecutive minutes when going somewhere?

☐ days per week

2-3. **On average per day**, how long do you walk or ride a bicycle when going somewhere?

☐☐ hours and ☐☐ minutes per day

from one place to another. The following questions are about sports, exercise, and leisure activities.

3-1. Do you engage in at least 10 consecutive minutes of **high intensity sports, exercise, or leisure activity** that makes you considerably short of breath or makes your heart beat very fast?

※ e.g. Running, jumping rope, hiking, basketball game, swimming, badminton, etc.

Yes

No (Go to Question 3-4)

3-2. How often do you engage in high intensity sports, exercise, or leisure activities per week?

☐ days per week

3-3. How long do you engage in high intensity sports, exercise, or leisure activities per day?

□□ hours and □□ minutes per day

3-4. Do you engage in at least 10 consecutive minutes of **moderate intensity sports, exercise, or leisure activity** that makes you slightly short of breath or makes your heart beat slightly faster?

※ e.g. Power walking, slow running (jogging), weight training (muscle exercise), golf, dance sports, Pilates, etc.

Yes

No (Go to Question 4)

3-5. How often do you engage in **moderate intensity sports, exercise, or leisure activities** per week?

☐ days per week

3-6. How long do you engage in **moderate intensity sports, exercise, or leisure activities** per day?

□□ hours and □□ minutes per day

time with your friends, **except during your sleeping hours.**

※ e.g. Sitting at your desk, sitting with your friends, going somewhere by car, bus, or train, reading a book, writing, playing cards, watching TV, playing games (Nintendo, computer, or PlayStation), using the Internet, listening to music, etc.

4-1. How many hours do you sit or lie down per day?

□□ hours and □□ minutes per day

How many days did you do **muscle exercise** such as push-ups, sit-ups, dumbbell exercises, weight lifting, or horizontal bar exercise during the past one week?

☐ 1 Not at all

2 1 day

3 2 days

4 3 days

54 days

☐ 6 5 days or more

Have you ever been told that you have to exercise by a doctor's recommendation because of a heart problem?

☐ Yes☐ No

Have you ever experienced chest pains during exercise?

☐ Yes☐ No

Have you ever experienced chest pains even when you did not exercise last month?

☐ Yes☐ No

Have you ever lost your balance because of loss of consciousness or dizziness?

☐ Yes☐ No

After trying a different exercise, have you ever experienced a bone or joint problem?

☐ Yes☐ No

Have you ever received any prescription from a doctor because of heart problems or blood pressure?

☐ Yes☐ No

Do you have any other reason for not exercising?

☐ Yes☐ No