## **ACTIVITY QUESTIONNAIRES**

ADPR No.:	
Date:	

'n the following questions, we are interested in your current activities that involve your thinking skills.

For each of the activities listed below, please in the activity in the last 12 months	dicate on	average,	how oft	en you h	ave perf	ormed
Cognitive activities during the last 12 months	Once a month or less	2-3 times a month	1-2 times per week	3-4 times per week	5-6 times per week	Every day
Read newspapers. Examples include: Post Bulletin, Minneapolis Star-Tribune, St. Paul Pioneer Press, Chicago or New York times, Wall Street journal		prow	nd va gi Chard nance	us la		nisqsii
<b>Read magazines.</b> Examples include: Business, sports, arts, hobby magazines		EU B	av ymi Magail	op Pin	ologo, s	
Read books. Examples include: novels, fiction, non-fiction		210 m pn	ddimee	All es itis	ibas da	
Play games.  Examples include: Playing cards, crossword puzzles, other puzzles, bridge, checkers, other board games	Bun	anew stol noving s. regng	emg or fening, r iac⊡ar try	vs, snoving, gar ing, gar opan carper	goniw gi low, digi fullimin pamanin	light si
Play Music.  Examples include: Playing a musical instrument, being in a choir, playing in an orchestra or a band	a 🔲 s	illang, hili 19 vill out les	book was	cise ika sthuhim mod. ten	ata expl cs, sten n. swimi	idd (g) idd (g) so llop i
<b>rtistic activities.</b> Examples include: Painting, drawing, sculpting, other arts	9810	nes (exer	enosmie tri lite	if exercis	ate usa c roga ma	nshor . ( [2]d ]
Craft activities.  Examples include: Woodworking, pottery, ceramics, quilting, quilling, sewing		yver nip all yvi now-id-won	sar no onile	s like ca y, tam ar, show	acuvitii /misbn: g a mow	
Group activity.  Examples include: Bible study, book club, stock club, other organized discussion groups	10	anual la	n bard n jodalna, johili sei	avy snor	eta orba ua <b>o</b> er ickino b	nebom mobil/
Social activities.  Examples include: Going to the theater, movies, concerts, going out with friends, travel, etc.		16XA   0 9	su babne	dxaleani D g	thalladi es san	Burost Tillan
Computer activities.  Examples include: Use of Internet, email, computer games, conducting web searches/ research, on-line purchases, etc.						
	<1 hour	1-2 hours	3-4 hours	5-6 hours	7-8 hours	> 8 hours
<b>Television</b> . How many hours <u>per day did</u> you spend watching TV?						

(Continued on next page)

<b>ACTIVITY</b>	QUESTIONNAIRES
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ADPR No.:	
Date:	

We are interested in understanding how **physical**, **mental**, and **social** activities we perform influence our memory and thinking skills as we get older. We would appreciate your help in answering the following questions regarding your current physical, mental, and social activities. We would like to ask you the same questions again by mail in about a week to see how your responses agree. The information you give us will help us make the questions simpler and easier to answer.

The following questions ask about your current physical activities.

Physical activities in the last 12 months last 12 months last 12 months	Once a month or less	2-3 times a month	times per week	3-4 times per week	5-6 times per week	Every day
Light activities like laundry, vacuuming, making beds, dusting, light yard-work, repairs, or home maintenance	4 = non 6 - levi 8 = othe	96 (4 0 mg	e (e) lo	eviteneni evite en	non-degr	= &
Light exercise like bowling, walking leisurely, stretching, golfing with a golf cart, slow dancing	bei JAC	A. DGA	00[]]and	nt oppditie	15.Y(FG) 16	ritC
Moderate activities like scrubbing floors, washing windows, shoveling or snow-blowing 'ght snow, digging, gardening, moving boxes, furniture, or garbage cans, raking leaves, painting, carpentry		a abo		a e	oop ime-lo s	
Moderate exercise like brisk walking, hiking, aerobics, strength training, golfing without a golf cart, swimming, tennis doubles, moderate use of exercise machines (exercise bike), yoga, martial arts, weight lifting.	her, Spe	6 = 6 	eltnemia ne	nporal de	nentoten	4 =
Heavy activities like carrying heavy objects/masonry, farm work, heavy digging, bushing a mower, shoveling or snow-blowing moderate or heavy snow, hard manual labor	о Дла	ST	sU/Leo	nga Sara	ne Do	ani L
Vigorous exercise like jogging, packpacking, bicycling uphill, tennis singles, racquetball, intense/extended use of exercise machines, skiing			eizogoni		92 9 T	
Do you currently participate in any regular activ designed to obtain exercise or improve your ph (Continue	ysical fitn	ess?	her on yo	our own o	r in a forr	mal clas