

Appendix 1



Universitat de les Illes Balears

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Date: _____

SURNAME: _____		FIRST NAME: _____	
Date of birth: _____		Email Address: _____	
Phone number: _____		Availability: _____	
Health problems: _____		Heart rate: (Before) _____ (After) _____	
Weight (Kg): _____		Height (whithout shoes): _____	
Rockport Test (Time): _____			

Please, answer the following questions explaining the kind of physical activity you have currently practiced. Try to specify as precise as possible the number of years, months and hours you have been doing sport.

Have you been doing exercise up to the present?						YES	NO
What kind of activity do you practice systematically? Since when? How many hours do you practice a day? How many days per week?	Activity	Years	Hours/week	Years	Hours/week	Years	Hours/week

Have you done exercise in the PAST?

When? Please, specify the dates as much as possible.

What type of activity/ies?

How often have you practiced every one of them (years, months, days, hours)?