

Appendix e-1: SAMMPRIS Current Physical Activity Status (PACE) Score

Please read the following choices and mark ('X') one that best describes your current level of physical activity or your readiness to do more physical activity. Do not include activities you do as part of your job.

'Vigorous' exercise includes activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis, and racquetball. Any activity that makes you work as hard as jogging and lasts 20 minutes at a time should be counted. These types of activities usually increase your heart rate, and make you sweat, and you get out of breath. (Do not count weight lifting.) Regular vigorous exercise is done at least 20 minutes at a time and at least 3 days a week.

'Moderate' exercise includes activities like brisk walking, gardening, slow cycling, dancing, doubles tennis, or hard work around the house. Any activity that makes you work as hard as brisk walking and that lasts at least 10 minutes at a time should be counted. Regular moderate exercise is done at least 30 minutes a day and at least 5 days a week.

- 1. I don't do regular vigorous or moderate exercise now, and I don't intend to start in the next 6 months.**
- 2. I don't do regular vigorous or moderate exercise now, but I have been thinking of starting in the next 6 months.**
- 3. I'm trying to start doing vigorous or moderate exercise, but I don't do it regularly.**
- 4. I'm doing vigorous exercise less than 3 times per week (or) moderate exercise less than 5 times per week.**
- 5. I've been doing 30 minutes a day of moderate exercise 5 or more days per week for the last 1-5 months.**
- 6. I've been doing 30 minutes a day of moderate exercise 5 or more days per week for the last 6 months or more.**
- 7. I've been doing vigorous exercise 3 or more days per week for the last 1-5 months.**
- 8. I've been doing vigorous exercise 3 or more days per week for the last 6 months or more**