

Pregnancy Physical Activity Questionnaire



Instructions:

Please use an ordinary No. 2 pencil. Fill in the circles completely. The Question will be read by a machine so if you need to change your answer, erase the incorrect mark **completely. If you have comments, please write them on the back of the questionnaire.**

Example: During this trimester, when you are NOT at work, how much time do you usually spend:

If you take care of your mom for 2 hours each day, then your answer should look like this...



E1. Taking care of an older adult

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day



It is very important you tell us about yourself honestly. There are no right or wrong answers. We just want to know about the things you are doing during this trimester.

1. Today's Date: / /
Month Day Year
2. What was the first day of your last period? / / I don't know
Month Day Year
3. When is your baby due? / / I don't know
Month Day Year

During this trimester, when you are NOT at work, how much time do you usually spend:

4. **Preparing meals (cook, set table, wash dishes)**
 - None
 - Less than 1/2 hour per day
 - 1/2 to almost 1 hour per day
 - 1 to almost 2 hours per day
 - 2 to almost 3 hours per day
 - 3 or more hours per day
5. **Dressing, bathing, feeding children while you are sitting**
 - None
 - Less than 1/2 hour per day
 - 1/2 to almost 1 hour per day
 - 1 to almost 2 hours per day
 - 2 to almost 3 hours per day
 - 3 or more hours per day
6. **Dressing, bathing, feeding children while you are standing**
 - None
 - Less than 1/2 hour per day
 - 1/2 to almost 1 hour per day
 - 1 to almost 2 hours per day
 - 2 to almost 3 hours per day
 - 3 or more hours per day
7. **Playing with children while you are sitting or standing**
 - None
 - Less than 1/2 hour per day
 - 1/2 to almost 1 hour per day
 - 1 to almost 2 hours per day
 - 2 to almost 3 hours per day
 - 3 or more hours per day
8. **Playing with children while you are walking or running**
 - None
 - Less than 1/2 hour per day
 - 1/2 to almost 1 hour per day
 - 1 to almost 2 hours per day
 - 2 to almost 3 hours per day
 - 3 or more hours per day



9. Carrying children

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day



10. Taking care of an older adult

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

11. Sitting and using a computer or writing, while not at work

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

12. Watching TV or a video

- None
- Less than 1/2 hour per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

13. Sitting and reading, talking, or on the phone, while not at work

- None
- Less than 1/2 hour per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

14. Playing with pets

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

15. Light cleaning (make beds, laundry, iron, put things away)

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

16. Shopping (for food, clothes, or other items)

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

During this trimester, when you are NOT at work, how much time do you usually spend:

17. Heavier cleaning (vacuum, mop, sweep, wash windows)

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week



18. Mowing lawn while on a riding mower

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

19. Mowing lawn using a walking mower, raking, gardening

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

Going Places...

During this trimester, how much time do you usually spend:

20. Walking slowly to go places (such as to the bus, work, visiting) Not for fun or exercise

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

21. Walking quickly to go places (such as to the bus, work, or school) Not for fun or exercise

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

22. Driving or riding in a car or bus

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

For Fun or Exercise...

During this trimester, how much time do you usually spend:

23. Walking slowly for fun or exercise

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

24. Walking more quickly for fun or exercise

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

25. Walking quickly up hills for fun or exercise

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

During this trimester, how much time do you usually spend:

26. Jogging

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

27. Prenatal exercise class

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

28. Swimming

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

29. Dancing

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

Doing other things for fun or exercise? Please tell us what they are.

30. _____
Name of Activity

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

31. _____
Name of Activity

- None
- Less than 1/2 hour per week
- 1/2 to almost 1 hour per week
- 1 to almost 2 hours per week
- 2 to almost 3 hours per week
- 3 or more hours per week

Please fill out the next section if you work for wages, as a volunteer, or if you are a student. If you are a homemaker, out of work, or unable to work, you do not need to complete this last section.

At Work...

During this trimester, how much time do you usually spend:

32. Sitting at working or in class

- None
- Less than 1/2 hours per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day



33. Standing or slowly walking at work while carrying things (heavier than a 1 gallon milk jug)

- None
- Less than 1/2 hour per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

34. Standing or slowly walking at work not carrying anything

- None
- Less than 1/2 hours per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

35. Walking quickly at work while carrying things (heavier than a 1 gallon milk jug)

- None
- Less than 1/2 hour per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

36. Walking quickly at work not carrying anything

- None
- Less than 1/2 hour per day
- 1/2 to almost 2 hours per day
- 2 to almost 4 hours per day
- 4 to almost 6 hours per day
- 6 or more hours per day

Thank
You

