The Phone-FITT

Now I'd like to ask you about some physical activities and find out how often you do them, for how long, and how out of breath you feel.

Household Activities

First, I'd like you to think about activities you did around your home, in a typical week in the last month.

[Interviewer: Ask about each activity listed in the following 2 charts. If respondent answers yes to engaging in activity (Q1), ask Q 2–4 for that activity; otherwise, skip to the next activity. Record answers in charts.]

1. In a typical week in the last month, did you engage in	_?
2. How many times/week did you do this?	
3. About how much time did you spend on each occasion? [read categories]	

4. On average when doing this activity, how did you feel? Were you . . . [read

categories]

Activity	(04)	(02)	(02)	(04)
Activity	(Q1)	(Q2)	(Q3)	(Q4)
	Participated?	Frequency	Duration	Intensity
		(×/wk)	[Mark one only]	[Mark one only]
A. Light housework	☐ Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
such as tidying,	□ No			to carry on a conversation
dusting, laundry, or			☐ 16–30 min	
ironing				☐ Slightly out of breath but
			☐ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ <i>Too</i> out of breath to
				carry on a conversation
B. Making	☐ Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
meals, setting	□ No			to carry on a conversation
and clearing the			☐ 16–30 min	
table, and washing				☐ Slightly out of breath but
dishes			☐ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ <i>Too</i> out of breath to
				carry on a conversation
C. Shopping	☐ Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
(for groceries	□ No			to carry on a conversation
or clothes, for			☐ 16–30 min	
example)				☐ Slightly out of breath but
			☐ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ <i>Too</i> out of breath to
				carry on a conversation
D. Heavy	☐ Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
housework	□ No			to carry on a conversation
such as			☐ 16–30 min	
vacuuming,				

	1		_
scrubbing floors,			☐ Slightly out of breath but
mopping, washing		☐ 31–60 min	still able to carry on a
windows, or			conversation
carrying trash		☐ 1 hr +	
bags			☐ Too out of breath to
			carry on a conversation
E. Home	□Yes	☐ 1–15 min	☐ Breathing <i>normally</i> and able
maintenance	□ No		to carry on a conversation
such as		☐ 16–30 min	
painting, raking			☐ Slightly out of breath but
leaves, or		☐ 31–60 min	still able to carry on a
shoveling			conversation
snow		□ 1 hr +	
			☐ <i>Too</i> out of breath to
			carry on a conversation
F. Caring for	☐ Yes	☐ 1–15 min	☐ Breathing <i>normally</i> and able
another person	□ No		to carry on a conversation
(such as pushing		☐ 16–30 min	
a wheelchair or			☐ Slightly out of breath but
helping person		☐ 31–60 min	still able to carry on a
in/out of a chair/			conversation
bed)		□ 1 hr +	
			☐ Too out of breath to
			carry on a conversation

Recreational and Conditioning Activities

Next, I'd like you to think about activities you did for recreation or conditioning in a typical week in the last month.

Activity	(Q1) Participated?	(Q2) Frequency (×/wk)	(Q3) Duration [Mark one only]	(Q4) Intensity [Mark one only]
G. Lifting	□Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
weights to	□ No			to carry on a conversation
strengthen your			□ 16–30 min	
legs				☐ Slightly out of breath but
			☐ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ <i>Too</i> out of breath to
11.00				carry on a conversation
H. Other exercises	□Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
designed to strengthen	□ No		□ 40, 20 min	to carry on a conversation
your legs (such			□ 16–30 min	□ Slightly out of broath but
as standing up/			□ 24 60 min	☐ Slightly out of breath but
sitting down			□ 31–60 min	still able to carry on a conversation
several times in			□ 1 hr +	Conversation
a chair or climbing			L 11111 +	☐ Too out of breath to
stairs)				carry on a conversation
I. Lifting	□Yes		□ 1–15 min	☐ Breathing <i>normally</i> and able
weights to	□No			to carry on a conversation
strengthen your			☐ 16–30 min	
arms or other				☐ Slightly out of breath but
exercises to			☐ 31–60 min	still able to carry on a
strengthen your				conversation
arms (such as			□ 1 hr +	
wall push-ups)				☐ Too out of breath to
				carry on a conversation
J. Other home	☐ Yes		□ 1–15 min	☐ Breathing <i>normally</i> and able
exercises not	□ No		— 40.00 i	to carry on a conversation
already mentioned such as			☐ 16–30 min	D Olivitation and of him of his
stretching or				☐ Slightly out of breath but
balance exercises			☐ 31–60 min	still able to carry on a
Dalarios exercicos			□ 1 ha 1	conversation
			□ 1 hr +	☐ <i>Too</i> out of breath to
				carry on a conversation
K. Walking for	□Yes		☐ 1–15 min	☐ Breathing <i>normally</i> and able
exercise	□ No			to carry on a conversation
			□ 16–30 min	to sairy on a convendation
				☐ Slightly out of breath but
			□ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ Too out of breath to
				carry on a conversation

L. Dancing	☐ Yes	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	□ No		to carry on a conversation
		☐ 16–30 min	
			☐ Slightly out of breath but
		☐ 31–60 min	still able to carry on a
			conversation
		□ 1 hr +	
			☐ <i>Too</i> out of breath to
			carry on a conversation
M. Swimming	☐ Yes	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	□ No		to carry on a conversation
		☐ 16–30 min	
			☐ Slightly out of breath but
		☐ 31–60 min	still able to carry on a
			conversation
		□ 1 hr +	
			☐ Too out of breath to
			carry on a conversation
N. Bicycling	☐ Yes	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	□ No		to carry on a conversation
		☐ 16–30 min	
			☐ Slightly out of breath but
		☐ 31–60 min	still able to carry on a
			conversation
		□ 1 hr +	
			☐ Too out of breath to
			carry on a conversation

Seasonal Recreational Activities

Now I would like to ask you about two specific activities that are seasonal and about any other activities that you do.

[Interviewer: Ask about each activity listed in the following chart. If the respondent answers yes to engaging in activity (Q5), ask Q 6–8 for that activity; otherwise skip to the next activity. Record answers in chart.]

5.	Do	you	?
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- 6. (a) When you do this activity, how many times in a typical week do you do it?
 - (b) How many months in **this past year** did you do this activity?
- 7. About how much **time** did you spend on each occasion? [read categories]
- 8. On average when doing this activity, how did you feel? Were you . . . [read categories]

Activity	(Q5) Participated?	(Q6) Frequency	(Q7) Duration [Read categories, mark one only]	(Q8) Intensity [Read categories, mark one only]
O. Golf	☐ Yes	A	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	□ No	(×/wk)		to carry on a conversation
Mark:			□ 16–30 min	
☐ use cart		B		☐ Slightly out of breath but
do not use		(# mo./yr)	☐ 31–60 min	still able to carry on a
cart				conversation
			□ 1 hr +	
				☐ <i>Too</i> out of breath to
				carry on a conversation
P. Garden	☐ Yes	A	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	□ No	(×/wk)		to carry on a conversation
			□ 16–30 min	
		B		☐ Slightly out of breath but
		(# mo./yr)	□ 31–60 min	still able to carry on a
				conversation
			□ 1 hr +	
				☐ Too out of breath to
				carry on a conversation

Other Physical Activity

Do you participate in any other regular physical activities that we haven't already asked you about?

Activity	(Q6) Frequency	(Q7) Duration [Read categories, mark one only]	(Q8) Intensity [Read categories, mark one only]
Q	A	□ 1–15 min	☐ Breathing <i>normally</i> and able
	(×/wk)	— 40.00 :	to carry on a conversation
	B.	☐ 16–30 min	□ Slightly out of broath but still
	(# mo./yr)	☐ 31–60 min	☐ Slightly out of breath but still able to carry on a conversation
		31-00 111111	able to carry on a conversation
		□ 1 hr +	☐ Too out of breath to
			carry on a conversation
R	A	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	(×/wk)	□ 40, 00 min	to carry on a conversation
	В.	☐ 16–30 min	☐ Slightly out of breath but still
	(# mo./yr)	☐ 31–60 min	able to carry on a conversation
		31-00111111	able to earry on a conversation
		□ 1 hr +	☐ Too out of breath to
			carry on a conversation
S	A	☐ 1–15 min	☐ Breathing <i>normally</i> and able
	(×/wk)	□ 40, 00 min	to carry on a conversation
	В.	□ 16–30 min	☐ Slightly out of breath but still
	(# mo./yr)	☐ 31–60 min	able to carry on a conversation
			able to earry on a conversation
		□ 1 hr +	☐ Too out of breath to
			carry on a conversation