

Physical Activity

60%

We are interested in the time you spent doing certain activities in a normal week, 4 weeks BEFORE the COVID-19 outbreak. We are also interested if this time has increased, stayed the same or decreased AFTER the COVID-19 outbreak. Please think about the time you spend on each activity at home, in the community, at work or volunteering, or at school. There are no "right" or "wrong" responses, so please answer each question as honestly and accurately as you can.

In a normal week, 4 weeks BEFORE the COVID-19 outbreak, about how many total hours a week...

Did you visit with friends or family in person?
(other than those you live with)

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you go to the senior center?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do volunteer work?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you attend church or take part in church activities?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you attend other club or group meetings?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do woodworking, needlework, drawing, or other arts or crafts?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you play cards, bingo, or board games with other people?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do heavy work around the house? (such as washing windows, cleaning gutters)

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you attend a concert, movie, lecture, or sport event?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do light work around the house? (such as sweeping or vacuuming)

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do light gardening? (such as watering plants, weeding, spraying)

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you jog or run?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you walk fast or briskly for exercise?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you walk leisurely for exercise or pleasure?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours

Did you do other aerobic exercise (tennis, bicycling, rowing, step or elliptical machines)?

- Did not do
- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- 6-8 hours
- 8 or more hours