

**SAMPLE ITEMS FROM THE
PHYSICAL ACTIVITY SCALE FOR THE ELDERLY**

1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

[0.] NEVER
↓
GO TO Q. #2

[1.] SELDOM
(1-2 DAYS)
↓

[2.] SOMETIMES
(3-4 DAYS)
↓

[3.] OFTEN
(5-7 DAYS)
↓

1a. What were these activities?

1b. On average, how many hours per day did you engage in these sitting activities?

[1.] LESS THAN 1 HOUR

[2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS

[4.] MORE THAN 4 HOURS

6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?

[0.] NEVER
↓
GO TO Q. #7

[1.] SELDOM
(1-2 DAYS)
↓

[2.] SOMETIMES
(3-4 DAYS)
↓

[3.] OFTEN
(5-7 DAYS)
↓

6a. What were these activities?

6b. On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?

[1.] LESS THAN 1 HOUR

[2.] 1 BUT LESS THAN 2 HOURS

[3.] 2-4 HOURS

[4.] MORE THAN 4 HOURS