

PHYSICAL ACTIVITY HISTORY QUESTIONNAIRE

In the past **6 weeks**, how many weeks and how many hours per week (on average) did you participate in a school PE class?

_____ number of weeks _____ hours per week

Based on the past **6 weeks** of activity, did you participate in any sports on a weekly basis (**NOT including PE class**)?

Yes No

If **yes**, please estimate the average number of hours per week you participated in each sport:

SPORT	hrs/week	SPORT	hrs/week	SPORT	hrs/week
Aerobics		Floor hockey		Skateboarding	
Alpine skiing		Football		Snowboarding	
Badminton		Golf		Soccer	
Baseball		Gymnastics		Squash	
Basketball		Hiking/ Scrambling		Speed skating	
Boxing (incl. kick)		Hockey		Swimming	
Cross-country skiing		Horse riding		Tennis	
Cycling (road or mtn)		Lacrosse		Track and field	
Dance		Martial arts		Volleyball	
Dirt biking		Rock climbing		Waterpolo	
Diving		Rollerblading		Weight training	
Field hockey		Rugby		Wrestling	
Figure skating		Running		*Other:	
				*Please describe:	