## Exercise Behaviors

**During the past week**, even if it was not a typical week for you, how much total time *(for the entire week)* did you spend on each of the following? *(Please circle one number for each question.)*

1. Stretching or strengthening exercises *(range of motion, using weights, etc.)* ................. 0
2. Walk for exercise ................................................. 0
3. Swimming or aquatic exercise .................................... 0
4. Bicycling *(including stationary exercise bikes)* .................. 0
5. Other aerobic exercise equipment *(Stairmaster, rowing, skiing machine, etc.)* ....... 0
6. Other aerobic exercise

### Scoring

Code each item as the number circled, then covert as follows. If two consecutive numbers are circled, code the lower number (less exercise). If two non-consecutive numbers are circled, do not score the item. For "Other aerobic", try to fit the type of exercise into the existing aerobic categories (i.e., treadmill as "other aerobic equipment"), otherwise leave as "other aerobic" (i.e., "dancing"). However, if exercise that is not aerobic, such as yoga or weight training, do not score as aerobic. Yoga, weight training, tai chi, etc., should be scored as "stretching or strengthening".

Each category is converted to the number of minutes below. Time spent in stretching or strengthening is the value for item 1. Time spent in aerobic exercise is the sum of the values for items 2 through 6.

<table>
<thead>
<tr>
<th>Item</th>
<th>None</th>
<th>Less than 30 minutes/week</th>
<th>30-60 minutes/week</th>
<th>1-3 hours/week</th>
<th>More than 3 hours/week</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>15</td>
<td>45</td>
<td>120</td>
<td>180</td>
</tr>
</tbody>
</table>
Characteristics

Stretching/strengthening (minutes/week) tested on 1,127 subjects with chronic disease. N=51 for test-retest.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0-180</td>
<td>40.1</td>
<td>54.8</td>
<td>—</td>
<td>.56</td>
</tr>
</tbody>
</table>

Aerobic exercise (minutes/week) tested on 1,130 subjects with chronic disease. M=51 for test-retest.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>0-540</td>
<td>90.6</td>
<td>90.9</td>
<td>—</td>
<td>.72</td>
</tr>
</tbody>
</table>

Source of Psychometric Data


Comments

We have used this scale to measure both aerobic and a combination of stretching strengthening exercise for many years. This scale available in Spanish.

References


This scale is free to use without permission

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