

HAPAQ

HAPAQ Version Number 5.0 updated 03/July/2009

Interviewer

Date of the interview

Date	<input type="text"/>
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How many participants have you interviewed so far today?

Number of participant	<input type="text" value="0"/>
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Time at the start of the interview

Time	<input type="text"/>
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Study Volunteer ID

<input type="text"/>

The interview will be based on the **Historical Adulthood Physical Activity Questionnaire**

- This questionnaire asks about the physical activity you did during your

adulthood.

- The first section asks questions about physical activity over the last 15 years. The second section asks questions from the age of 20 years old until 15 years ago.
- To help you remember each period of your life, I will ask you about specific life events that occurred during that time. I will then go on to ask you about the physical activities you undertook during that same time period.
- Your answers will be treated as strictly confidential and will be used only for medical research

HAPAQ

Before starting the questionnaire...

What is your date of birth?

Date of Birth	Birth Date:	<input type="text"/>
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Year of birth	<input type="text"/>
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What is your sex?

<i>Male</i>	<i>Female</i>
<input type="radio"/>	<input type="radio"/>

Age guide

<i>Today</i>	<input type="text"/>
<i>Minus 5</i>	<input type="text"/>
<i>Minus 10</i>	<input type="text"/>
<i>Minus 15</i>	<input type="text"/>

Let's start with your physical activity over the past 15 years

First of all, could you please try to remember the period of your life between and now? It may help to recall special events that happened during that period such as weddings, births, holidays etc...

To help you with this task, I will ask you some specific questions about your life during this period.

Let's start with the period between | and |.

Just to remind you, in | you were | and in | you were |.

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

<i>Flat</i>	<i>House without garden</i>	<i>House with garden</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During those five years, how many other people did you live with? If this number changed over the five years we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

<i>Min number of people</i>	<input type="text" value="0"/>	<i>Max number of people</i>	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Did you have any pets?

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Did you own or have access to a car?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband (Staying at home to take care of the children)	<input type="checkbox"/>
Employed (Paid and voluntary, full-time and part-time)	<input type="checkbox"/>	Professional sports person (or practice of a sport at a national or international level)	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired (from all employment voluntary and paid)	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during these five years. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the years and , how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the years and , how many years were you in each of the following occupations?

Student	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/husband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over five, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During these five years try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, whichever is most representative of what you did.

For each category, how many of the five years did you hold such a job and how many hours per week on average did you work? Need additional tables? Click on "Insert item" located under the table.

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Standing occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Heavy manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

Between the years and , regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey?

This should be at least once a week for at least one year.

For how many years did you do this?

Number of years

On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys

On average, how many miles was that return journey?

Mileage

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

For how many years did you do this?

Number of years

On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys

On average, how many miles was that return journey?

Mileage

Sporting and Recreational Activity

Between the years and , did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes **No**

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sports amongst these? If not what other sports did you do between the years and ?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cycling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Running	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Football	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Rugby	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hockey	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Basketball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Netball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Between the years and , did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what activity did you do between the years and ?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Let's continue with the period between and .

Just to remind you, in you were **years old**.

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During those five years, how many other people did you live with? If this number changed over the decade we would like to know the minimum and maximum number?

It could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many growing seasons?

Years	<input type="text"/>
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<input type="text"/>	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle
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<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many years did you do this?

<i>Number of years</i>	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return

journeys only?

Number of journeys

On average, how many miles was that return journey?

Mileage

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For how many years did you do this?

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Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
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Employed <i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	Professional sports person <i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during these five years. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

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to radio, watching TV. You should give a separate answer for working and non-working days.

<i>Hours per working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<i>Hours per non-working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many growing seasons?

<i>Years</i>	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the years and , how many years were you in each of the following occupations?

<input type="text"/>

Student	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/husband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over five, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During these five years try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, whichever is most representative of what you did.

For each category, how many of the five years did you hold such a job and how many hours per week on average did you work? Need additional tables? Click on "Insert item" located under the table.

<input type="text"/>	<input type="text"/>	<input type="text"/>
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	Years	Months	Hours per week
Sedentary occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Standing occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Heavy manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

<input type="text"/>	<input type="text"/>
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Commuting to work

Between the years and , regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey?

This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you walk, counting return

journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Sporting and Recreational Activity

Between the years and , did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week

for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sports amongst these? If not what sports did you do between the years and ?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours	Minutes
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		<i>per week</i>	<i>per week</i>
Swimming	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cycling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Running	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Football	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Rugby	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hockey	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Basketball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Netball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Between the years and , did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the years and ?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

	0	0	0
	0	0	0

I will now ask about your physical activity between the ages of 20 and 29 years old

Just like we did previously, please could you try to remember the period of your life between the ages of **20 and 29 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc...

To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **20 years old** the year was and when you were **29 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

<i>Flat</i>	<i>House without garden</i>	<i>House with garden</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

<i>Min number of people</i>	<input type="text" value="0"/>	<i>Max number of people</i>	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Did you have any pets?

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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Did you own or have access to a car?

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

<i>Student</i>	<input type="checkbox"/>	<i>Housewife/househusband</i> <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
<i>Employed</i> <i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	<i>Professional sports person</i> <i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>

Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **20 and 29 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **20 and 29 years old** (i.e. from to), how many years were you in each of the following occupations?

<i>Student</i>	<input type="text" value="0"/>
<i>Employed</i> <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
<i>Housewife/househusband</i>	

	<input type="text" value="0"/>
<i>Professional sports person</i>	<input type="text" value="0"/>
<i>In military service</i>	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Standing occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Heavy manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

<input type="text"/>	<input type="text"/>
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For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Commuting to work

Between the ages of **20 and 29 years old**(i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at

least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Sporting and Recreational Activity

From the ages of **20 to 29 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **20 and 29 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

<i>Vigorously/strenuously</i>	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
Swimming	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cycling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Running			

	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Football	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Rugby	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hockey	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Basketball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Netball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **20 to 29 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **20 and 29 years old**(i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, Weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Now, just like we did previously, could you please try to remember the period of your life between the ages of **30 and 39 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc.. To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **30 years old** the year was , and when you were **39 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
Employed <i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	Professional sports person <i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

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Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **30 and 39 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should

average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **30 and 39 years old** (i.e. from to), how many years were you in each of the following occupations?

Student	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/househusband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Standing occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Heavy manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

<input type="text"/>	<input type="text"/>
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Commuting to work

Between the ages of **30 and 39 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

<input type="radio"/> <i>Yes</i>	<input type="radio"/>	<input type="radio"/> <i>No</i>	<input type="radio"/>
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For how many years did you do this?

<i>Number of years</i>	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

<i>Number of journeys</i>	<input type="text" value="0"/>
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On average, how many miles was that return journey?

<input type="text"/>	<input type="text"/>
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Mileage

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes No

For how many years did you do this?

Number of years

On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys

On average, how many miles was that return journey?

Mileage

Sporting and Recreational Activity

From the ages of **30 to 39 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes No

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **30 and 39 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

<i>Vigorously/strenuously</i>	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Swimming</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cycling</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Running</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Football</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Rugby</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Hockey</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cricket</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Volleyball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Basketball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Netball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Racket sports</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **30 to 39 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **30 and 39 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, Weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Now, just like we did previously, could you please try to remember the period of your life between the ages of **40 and 49 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **40 years old** the year was , and when you were **49 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
-----------------------------	--------------------------------	-----------------------------	--------------------------------

Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
Employed	<input type="checkbox"/>	Professional sports person	<input type="checkbox"/>

<i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	<i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **40 and 49 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a

separate answer for working and non-working days.

<i>Hours per working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<i>Hours per non-working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many

years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many growing seasons?

<i>Years</i>	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **40 and 49 years old** (i.e. from to), how many years were you in each of the following occupations?

<i>Student</i>	<input type="text"/>
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	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/househusband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work which are classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Standing occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Heavy manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

Between the ages of **40 and 49 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
---------	--------------------------------

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you walk, counting return

journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Sporting and Recreational Activity

From the ages of **40 to 49 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **40 and 49 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours	Minutes
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		<i>per week</i>	<i>per week</i>
Swimming	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cycling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Running	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Football	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Rugby	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hockey	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Basketball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Netball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **40 to 49 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken

for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **40 and 49 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, Weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **50 and 59 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **50 years old** the year was , and when you were **59 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

<i>Flat</i>	<i>House without garden</i>	<i>House with garden</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

<i>Min number of people</i>	<input type="text" value="0"/>	<i>Max number of people</i>	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
Employed <i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	Professional sports person <i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **50 and 59 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking,

washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **50 and 59 years old** (i.e. from to), how many years were you in each of the following occupations?

<i>Student</i>	<input type="text" value="0"/>
<i>Employed</i> <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
<i>Housewife/househusband</i>	<input type="text" value="0"/>
<i>Professional sports person</i>	<input type="text" value="0"/>
<i>In military service</i>	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Standing occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Heavy manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<input type="text"/>	<input type="text"/>	<input type="text"/>

	0	0	0
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Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

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Commuting to work

Between the ages of **50 and 59 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	0
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	0
--------------------	---

On average, how many miles was that return journey?

Mileage	0
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Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	0
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On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys	0
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On average, how many miles was that return journey?

Mileage	0
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Sporting and Recreational Activity

From the ages of **50 to 59 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.

Yes

No

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **50 and 59 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

<i>Vigorously/strenuously</i>	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Swimming</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cycling</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Running</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Football</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Rugby</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Hockey</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cricket</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Volleyball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Basketball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Netball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

<i>Racket sports</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Aerobics</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Fighting sports</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **50 to 59 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes

No

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **50 and 59 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Walking for pleasure</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Now, just like we did previously, could you please try to remember the period of your life between the ages of **60 and 69 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **60 years old** the year was , and when you were **69 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
<input type="text"/>	<input type="text"/>	<input type="text"/>

<input type="text"/>	<input type="text"/>	<input type="text"/>
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During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband (Staying at home to take care of the children)	<input type="checkbox"/>
Employed	<input type="checkbox"/>	Professional sports person	<input type="checkbox"/>

(Paid and voluntary, full-time and part-time)	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>
Retired (from all employment voluntary and paid)	<input type="checkbox"/>

(or practice of a sport at a national or international level)	<input type="checkbox"/>
In military service	<input type="checkbox"/>

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
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How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **60 and 69 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a

separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many

years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **60 and 69 years old** (i.e. from to), how many years were you in each of the following occupations?

Student	<input type="text"/>
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	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/househusband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
	0	0	0

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

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Commuting to work

Between the ages of **60 and 69 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	0
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	0
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On average, how many miles was that return journey?

Mileage	0
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Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	0
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On average, how many journeys per week did you walk, counting return

journeys only?

Number of journeys

0

On average, how many miles was that return journey?

Mileage

0

Sporting and Recreational Activity

From the ages of **60 to 69 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.

Yes

No

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **60 and 69 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously

Years

Hours

Minutes

		<i>per week</i>	<i>per week</i>
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **60 to 69 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **60 and 69 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Now, just like we did previously, could you please try to remember the period of your life between the ages of **70 and 79 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **70 years old** the year was , and when you were **79 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband (Staying at home to take care of the children)	<input type="checkbox"/>
Employed (Paid and voluntary, full-time and part-time)	<input type="checkbox"/>	Professional sports person (or practice of a sport at a national or international level)	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired (from all employment voluntary and paid)	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

How long were you unable to work?

Years	<input type="text"/>	Months	<input type="text"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **70 and 79 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking,

washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **70 and 79 years old** (i.e. from to), how many years were you in each of the following occupations?

Student	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/househusband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Standing occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Heavy manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
<input style="width: 100%;" type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

<input style="width: 100%;" type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

<input type="text"/>	<input type="text"/>
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Commuting to work

Between the ages of **70 and 79 years old** (i.e. from to) , regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	<input type="text" value="0"/>
-----------------	--------------------------------

On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
--------------------	--------------------------------

On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Sporting and Recreational Activity

From the ages of **70 to 79 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **70 and 79 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

<i>Vigorously/strenuously</i>	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Swimming</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cycling</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Running</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Football</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Rugby</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Hockey</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cricket</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Volleyball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Basketball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Netball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **70 to 79 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **70 and 79 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Now, just like we did previously, could you please try to remember the period of your life between the ages of **80 and 89 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **80 years old** the year was , and when you were **89 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	<input type="text" value="0"/>	Max number of people	<input type="text" value="0"/>
-----------------------------	--------------------------------	-----------------------------	--------------------------------

Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
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What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
Employed	<input type="checkbox"/>	Professional sports person	<input type="checkbox"/>

<i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	<i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **80 and 89 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a

separate answer for working and non-working days.

<i>Hours per working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<i>Hours per non-working day</i>					
<i>Up to 1</i>	<i>Up to 2</i>	<i>Up to 3</i>	<i>Up to 4</i>	<i>Up to 6</i>	<i>Over 6</i>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

For how many years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many

years?

<i>Years</i>	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

<i>Yes</i>	<input type="radio"/>	<i>No</i>	<input type="radio"/>
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For how many growing seasons?

<i>Years</i>	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **80 and 89 years old** (i.e. from to), how many years were you in each of the following occupations?

<i>Student</i>	<input type="text"/>
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	<input type="text" value="0"/>
Employed <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
Housewife/househusband	<input type="text" value="0"/>
Professional sports person	<input type="text" value="0"/>
In military service	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Standing occupation	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Heavy manual work	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

	Years	Months	Hours per week
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

Between the ages of **80 and 89 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
---------	--------------------------------

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years did you do this?

Number of years	<input type="text" value="0"/>
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On average, how many journeys per week did you walk, counting return

journeys only?

Number of journeys	<input type="text" value="0"/>
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On average, how many miles was that return journey?

Mileage	<input type="text" value="0"/>
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Sporting and Recreational Activity

From the ages of **80 to 89 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **80 and 89 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours	Minutes
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		<i>per week</i>	<i>per week</i>
Swimming	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cycling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Running	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Football	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Rugby	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hockey	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Cricket	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Volleyball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Basketball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Netball	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Racket sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Aerobics	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fighting sports	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **80 to 89 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **80 and 89 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
Walking for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

	0	0	0
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Now, just like we did previously, could you please try to remember the period of your life between the ages of **90 and 99 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **90 years old** the year was ., and when you were **99 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people	0	Max number of people	0
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Did you have children of your own living at home with you?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

Did you have any pets?

Yes	<input type="radio"/>	No	<input type="radio"/>
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Did you own or have access to a car?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<input type="checkbox"/>	Housewife/househusband <i>(Staying at home to take care of the children)</i>	<input type="checkbox"/>
Employed <i>(Paid and voluntary, full-time and part-time)</i>	<input type="checkbox"/>	Professional sports person <i>(or practice of a sport at a national or international level)</i>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	In military service	<input type="checkbox"/>
Retired <i>(from all employment voluntary and paid)</i>	<input type="checkbox"/>		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	<input type="radio"/>	No	<input type="radio"/>
------------	-----------------------	-----------	-----------------------

How long were you unable to work?

Years	<input type="text" value="0"/>	Months	<input type="text" value="0"/>
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I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **90 and 99 years old** (i.e. from to), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>					

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you do any regular housework? This includes preparing food, cooking,

washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
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For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years?

Years	<input type="text" value="0"/>
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Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many growing seasons?

Years	<input type="text" value="0"/>
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Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

<i>Car/Motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity at work

Between the ages of **90 and 99 years old** (i.e. from to), how many years were you in each of the following occupations?

<i>Student</i>	<input type="text" value="0"/>
<i>Employed</i> <i>(Paid and unpaid: voluntary work)</i>	<input type="text" value="0"/>
<i>Housewife/househusband</i>	<input type="text" value="0"/>
<i>Professional sports person</i>	<input type="text" value="0"/>
<i>In military service</i>	<input type="text" value="0"/>

Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<i>Sedentary occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Standing occupation</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Heavy manual work</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

<i>Years</i>	<i>Months</i>	<i>Hours per week</i>
<input type="text"/>	<input type="text"/>	<input type="text"/>

	0	0	0
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Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

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Commuting to work

Between the ages of **90 and 99 years old** (i.e. from to), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	0
-----------------	---

On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys	0
--------------------	---

On average, how many miles was that return journey?

Mileage	0
---------	---

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

For how many years did you do this?

Number of years	0
-----------------	---

On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys	0
--------------------	---

On average, how many miles was that return journey?

Mileage	0
---------	---

Sporting and Recreational Activity

From the ages of **90 to 99 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **90 and 99 years old** (i.e. from to)?

For how many years did you do this sport and on average how many hours per week?

<i>Vigorously/strenuously</i>	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Swimming</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cycling</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Running</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Football</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Rugby</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Hockey</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Cricket</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Volleyball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Basketball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Netball</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

<i>Racket sports</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Aerobics</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<i>Fighting sports</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

From the ages of **90 to 99 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes	<input type="radio"/>	No	<input type="radio"/>
-----	-----------------------	----	-----------------------

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **90 and 99 years old** (i.e. from to)?

For how many years did you do this activity and for how many hours per week on average?

	<i>Years</i>	<i>Hours per week</i>	<i>Minutes per week</i>
<i>Walking for pleasure</i>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Swimming for pleasure	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Jogging	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Conditioning exercises (Yoga, weights...)	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Golf	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Bowling	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Fishing	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hunting	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input type="text"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

Interviewer

Time at the end of the interview

Time

Comments

How would you rate the volunteer's answers?

Confused
 Uncertain of answers
 Answers Reluctantly given

Thank You For Completing This Questionnaire.

