**Godin Leisure-Time Exercise Questionnaire**

1. During a typical 7-Day period (a week), how many times on the average do you do the following kinds of exercise for more than 15 minutes during your free time (write on each line the appropriate number)

Times per Week

1. **STRENUOUS EXERCISE**

**(HEART BEATS RAPIDLY) \_\_0\_\_\_\_\_\_\_\_**

(e.g., running, jogging, hockey, football, soccer,

squash, basketball, cross country skiing, judo,

roller skating, vigorous swimming,

vigorous long distance bicycling)

1. **MODERATE EXERCISE**

**(NOT EXHAUSTING) \_\_\_\_\_\_\_\_\_\_**

(e.g., fast walking, baseball, tennis, easy bicycling,

volleyball, badminton, easy swimming, alpine skiing,

popular and folk dancing)

1. **MILD EXERCISE**

**(MINIMAL EFFORT) \_\_\_\_\_\_\_\_\_\_**

(e.g., yoga, archery, fishing from river bank, bowling,

horseshoes, golf, snow-mobiling, easy walking)

2. During a typical **7-Day period** (a week), in your leisure time, how often do you engage in any regular activity **long enough to work up a sweat** (heart beats rapidly)?

OFTEN SOMETIMES NEVER/RARELY

1. 􀀀 2. 􀀀 3. 􀀀