

CHAMPS Activities Questionnaire

A questionnaire for older adults

Developed by
Institute for Health and Aging
University of California San Francisco (UCSF)
Stanford Centre for Research in Disease Prevention
Stanford University

Client Name: _____ ID No: _____

Instructions: We are interested in finding out about the kinds of activities you do as part of your everyday life. You will be asked about activities you do at work, to get from place to place, as part of your house and yard work and in your spare time for exercise, recreation or sport.

1: Which of the following statements best describes how active you have been during the past 4 weeks, that is, had hobbies, work, social activities or other activities that kept you busy?
(Tick one box)

- | | | |
|-------------------|--------------------------|---|
| Not at all active | <input type="checkbox"/> | 1 |
| A little active | <input type="checkbox"/> | 2 |
| Fairly active | <input type="checkbox"/> | 3 |
| Quite active | <input type="checkbox"/> | 4 |
| Very active | <input type="checkbox"/> | 5 |
| Extremely active | <input type="checkbox"/> | 6 |

2: Which of the following statements best describes how physically active you have been during the past 4 weeks, that is, done activities such as brisk walking, swimming, dancing, general conditioning or recreational sports?
(Tick one box)

- | | | |
|-------------------|--------------------------|---|
| Not at all active | <input type="checkbox"/> | 1 |
| A little active | <input type="checkbox"/> | 2 |
| Fairly active | <input type="checkbox"/> | 3 |
| Quite active | <input type="checkbox"/> | 4 |
| Very active | <input type="checkbox"/> | 5 |
| Extremely active | <input type="checkbox"/> | 6 |

3: During the past 4 weeks, about how many flights of stairs did you climb during a typical day? (one flight = 12-15 steps, equivalent to going from one floor to another).
(Tick one box)

- | | | |
|-------------------|--------------------------|---|
| None | <input type="checkbox"/> | 1 |
| Less than one | <input type="checkbox"/> | 2 |
| 1 – 2 flights | <input type="checkbox"/> | 3 |
| 3 – 4 flights | <input type="checkbox"/> | 4 |
| 5 or more flights | <input type="checkbox"/> | 5 |

Instructions: Read Carefully

4: Think about the past 4 weeks. The next few pages list various activities you might have done. Before you begin, please review the following steps and examples:

STEP #1: NUMBER OF TIMES EACH WEEK

- For each activity, write on the line provided how many times each week, on average, you did that activity.
- If you did an activity less than once a week or not at all, please write “0” on the line provided.

For example, if you did not do the activity at all or did it less than once a week during the past 4 weeks (**see Example A**).

EXAMPLE A STEP #1

Activities	Number of times a week (if none, write “0”)	Less than 1 hr / wk	1 – 2½ hrs / wk	3 – 4½ hrs / wk	5 – 6½ hrs / wk	7 – 8½ hrs / wk	9 or more hrs / wk
Mow Lawns	Times a week <u>0</u> →	A	B	C	D	E	F

STEP #2: TOTAL TIME - ON AVERAGE - EACH WEEK

- If you did the activity at least once a week, circle one letter representing how much total time, on average, you spent doing it each week (**see Example B**).

For example, if you did the activity 3 times a week for a total of 1½ hours:

EXAMPLE B STEP #1

Activities	Number of times a week (if none, write “0”)	Less than 1 hr / wk	1 – 2½ hrs / wk	3 – 4½ hrs / wk	5 – 6½ hrs / wk	7 – 8½ hrs / wk	9 or more hrs / wk
Use Computer	Times a week <u>3</u> →	A	Ⓚ	C	D	E	F

Think about the past 4 weeks. For each activity please write **HOW MANY TIMES** each week, on average, you did it. Next, please circle one letter representing how much **TOTAL TIME**, on average, you spent doing that activity each week.

Social Activities	Number of times a week (if none, write "0")	Less than 1 hr / wk	1 – 2½ hrs / wk	3 – 4½ hrs / wk	5 – 6½ hrs / wk	7 – 8½ hrs / wk	9 or more hrs / wk
a. Visit with friend or family (other than those you live with).	Times a week ____ →	A	B	C	D	E	F
b. Go to the Seniors Club or Community Centre etc.	Times a week ____ →	A	B	C	D	E	F
c. Do volunteer work.	Times a week ____ →	A	B	C	D	E	F
d. Attend church or take part in church activities.	Times a week ____ →	A	B	C	D	E	F
e. Attend other club or group meetings.	Times a week ____ →	A	B	C	D	E	F
f. Talk on the phone.	Times a week ____ →	A	B	C	D	E	F

Think about the past 4 weeks. For each activity please write **HOW MANY TIMES** each week, on average, you did it. Next, please circle one letter representing how much **TOTAL TIME**, on average, you spent doing that activity each week.

Recreation and Hobbies	Number of times a week (if none, write "0")	Less than	1 – 2½ hrs	3 – 4½ hrs	5 – 6½ hrs	7 – 8½ hrs	9 or more
		1 hr / wk	/ wk	/ wk	/ wk	/ wk	hrs / wk
g. Use a computer (<u>not</u> work related).	Times a week ____ →	A	B	C	D	E	F
h. Dance - such as square, folk, line, ballroom (do not count aerobic dance here).	Times a week ____ →	A	B	C	D	E	F
i. Do woodwork, needlework, drawing or other arts and crafts.	Times a week ____ →	A	B	C	D	E	F
j. Play golf, riding a cart (count walking time only).	Times a week ____ →	A	B	C	D	E	F
k. Play golf, carrying or pulling your equipment (count	Times a week ____ →	A	B	C	D	E	F
l. Attend a concert, movie, lecture or sporting event.	Times a week ____ →	A	B	C	D	E	F
m. Play cards, bingo or board games with other people.	Times a week ____ →	A	B	C	D	E	F

Think about the past 4 weeks. For each activity please write **HOW MANY TIMES** each week, on average, you did it. Next, please circle one letter representing how much **TOTAL TIME**, on average, you spent doing that activity each week.

Recreation and Hobbies Continued	Number of times a week (if none, write "0")	Less than	1 – 2½ hrs	3 – 4½ hrs	5 – 6½ hrs	7 – 8½ hrs	9 or more
		1 hr / wk	/ wk	/ wk	/ wk	/ wk	hrs / wk
n. Shoot pool or billiards.	Times a week ____ →	A	B	C	D	E	F
o. Play tennis.	Times a week ____ →	A	B	C	D	E	F
P Play a musical instrument.	Times a week ____ →	A	B	C	D	E	F
q. Read.	Times a week ____ →	A	B	C	D	E	F
r. Other Interests	Times a week ____ →	A	B	C	D	E	F
s. Other Interests	Times a week ____ →	A	B	C	D	E	F
t. Other Interests	Times a week ____ →	A	B	C	D	E	F