



Exercise Behaviors

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

	none	less than 30 min/wk	30-60 min/wk	1-3 hrs per week	more than 3 hrs/wk
1. Stretching or strengthening exercises (range of motion, using weights, etc.)	0	1	2	3	4
2. Walk for exercise	0	1	2	3	4
3. Swimming or aquatic exercise	0	1	2	3	4
4. Bicycling (including stationary exercise bikes)	0	1	2	3	4
5. Other aerobic exercise equipment (Stairmaster, rowing, skiing machine, etc.)	0	1	2	3	4
6. Other aerobic exercise					
Specify _____	0	1	2	3	4

Scoring

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

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

None	Less than 30 minutes/week	30-60 minutes/week	1-3 hours/week	More that 3 hours/week
0	15	45	120	180

Characteristics

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

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-180	40.1	54.8	—	.56

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

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
5	0-540	90.6	90.9	—	.72

Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in: Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.25,37-38.

Comments

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

References

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.25,37-38.

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