NHANES MEC Questionnaire Hand Cards 2005-2006



2006 Calendar

January								February							March							A pril						
<u>s</u>	<u>M</u>	Tu	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	Tu	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	Tu	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29	
																					30							
May							June						July							August								
S	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>s</u>	
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31			
														30	31													
September							October						November							December								
<u>s</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	M	Tu	<u>W</u>	<u>Th</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>Tu</u>	<u>W</u>	<u>Th</u>	<u>F</u>	<u>s</u>	
					1	2	1	2	3	4	5	6	7				1	2	3	4						1	2	
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
																					31							

DPQ 1

Not at all

Several days

More than half the days

Nearly every day

BHQ₁

2 or more times a day

Once a day

2 or more times a week

Once a week

1-3 times a month

Never

BHQ₂

THE BRISTOL STOOL FORM SCALE Type 1 Separate hard lumps, like nuts Type 2 Sausage-like but lumpy Type 3 Like a sausage but with cracks in the surface Type 4 Like a sausage or snake, smooth and soft Type 5 Soft blobs with clear-cut edges Type 6 Fluffy pieces with ragged edges, a mushy stool Type 7 Watery, no solid pieces

PAQ2

VIGOROUS ACTIVITIES

Aerobics (High Impact, e.g., Step, Taebo)

Basketball

Bicycling

Boxing

Football

Hiking

Hockey

Jogging

Kayaking

Martial Arts (Karate, Judo)

Raquetball

Rollerblading

Rowing

Running

Skating

Skiing – Cross Country (Including Nordic Track)

Skiing - Downhill

Soccer

Stair Climbing

Swimming

Tennis

Treadmill

Volleyball

Wrestling

Other (Specify)

PAQ3

MODERATE ACTIVITIES

Aerobics (Low Impact)

Baseball

Basketball

Bicycling

Bowling

Dance

Fishing

Football

Frisbee

Golf

Hiking

Hockey

Horseback Riding

Hunting

Jogging

Kayaking

Martial Arts (Karate, Judo)

Rollerblading

Rowing

Skating

Skiing – Downhill

Soccer

Softball

Stair Climbing

Stretching

Swimming

Tennis

Treadmill

Volleyball

Walking

Weight Lifting

Yoga

Other (Specify)

WHQ1

I want to look better

I want to be healthier

I want to be better at sports and other physical activities

I get teased about my weight

I think my clothes will fit better

I think boys will like me better

I think girls will like me better

My friends are trying to lose weight

Someone in my family is trying to lose weight

My mother or father wants me to lose weight

My teacher or coach wants me to lose weight

A doctor, nurse, or other health professional wants me to lose weight

Other (specify)