

IDATA - CHAMPS: Data Dictionary

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Document Summary

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IDATA - CHAMPS: Data Dictionary

Section 1: Identifiers

Variable	Label	Description	Format Text
Build	Build Date		SAS Date
iid	IDATA ID		Char

Section 2: Compliance

Variable	Label	Description	Format Text
champs_count	Number Of CHAMPS Questionnaires Completed	<p>Number of CHAMPS questionnaires completed.</p> <p>Participants were expected to complete up to two CHAMPS questionnaires. Participants completed their first questionnaire during month zero of the study and completed their second questionnaire during month six of the study.</p>	Numeric
champs_date1-2	CHAMPS Date From Admin[X]		SAS Date .N='Not applicable'
has_admin1_champs	Has CHAMPS From The 1st Administration	<p>Has CHAMPS From The 1st Administration</p> <p>Participants completed their 1st Admin CHAMPS during month zero of the study.</p>	0='No' 1='Yes'
has_admin2_champs	Has CHAMPS From The 2nd Administration	<p>Has CHAMPS From The 2nd Administration</p> <p>Participants completed their 2nd Admin CHAMPS during month six of the study.</p>	0='No' 1='Yes'

Section 3: CHAMPS Sum

Variable	Label	Description	Format Text
champs_all_acti_cepw_a1-2	Caloric Expenditure Per Week For All Activities	Caloric expenditure per week for individual exercises can be found in section 4.	Numeric .N='Not applicable'
champs_all_acti_freq_a1-2	Frequency Per Week For All Activities	Frequency per week for all activities. This variable represents the sum of all activity frequencies. Individual exercise frequencies can be found in section 9.	Numeric .N='Not applicable'
champs_all_exer_cepw_a1-2	Caloric Expenditure Per Week For All Exercise Related Activities	Caloric Expenditure Per Week For All Exercise Related Activities Please refer to the CHAMPS page from the CDAS website for a list of exercise related activities. Caloric expenditure per week for individual exercises can be found in section 4.	Numeric .N='Not applicable'
champs_all_exer_freq_a1-2	Frequency Per Week For All Exercise-Related Activities	Frequency per week for all exercise-related activities. This variable represents the sum of all exercise frequencies. Individual exercise frequencies can be found in section 9.	Numeric .N='Not applicable'
champs_mod_exer_cepw_a1-2	Caloric Expenditure Per Week In Moderate Intensity For Exercise Related Activities	Caloric Expenditure Per Week In Moderate Intensity For Exercise Related Activities Please refer to the CHAMPS page from the CDAS website for a list of moderate intensity exercise related activities. Caloric expenditure per week for individual exercises can be found in section 4.	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_mod_exer_ freq_a1-2	Frequency Per Week For All Moderate Intensity Exercise-Related Activities	<p>Frequency per week for all moderate intensity exercise-related activities.</p> <p>This variable represents the sum of all moderate-intensity exercise frequencies. Light-intensity exercise frequencies are excluded. Individual exercise frequencies can be found in section 9.</p>	Numeric .N='Not applicable'

Section 4: CHAMPS Caloric Expenditure

Variable	Label	Description	Format Text
champs_aerobic_c pw_a1-2	Caloric Expenditure Per Week For Aerobics	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_aerobic_m ach_cepw_a1-2	Caloric Expenditure Per Week For Using Aerobic Machines	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_bike_cepw _a1-2	Caloric Expenditure Per Week For Biking	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_billiards_c epw_a1-2	Caloric Expenditure Per Week For Playing Pool Or Billiards		Numeric .N='Not applicable'
champs_board_gam es_cepw_a1-2	Caloric Expenditure Per Week For Playing Board Games		Numeric .N='Not applicable'
champs_church_ce pw_a1-2	Caloric Expenditure Per Week For Attending Church		Numeric .N='Not applicable'
champs_computer_ cepw_a1-2	Caloric Expenditure Per Week For Using A Computer		Numeric .N='Not applicable'
champs_concert_ce pw_a1-2	Caloric Expenditure Per Week For Attending Concerts, Movies, Or Sporting Events		Numeric .N='Not applicable'
champs_crafts_cep w_a1-2	Caloric Expenditure Per Week For Woodworking, Needlework, Or Other Arts Or Crafts		Numeric .N='Not applicable'
champs_dance_cep w_a1-2	Caloric Expenditure Per Week For Dancing	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_doub_tenni s_cepw_a1-2	Caloric Expenditure Per Week For Playing Double Tennis	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_gen_exer_ cepw_a1-2	Caloric Expenditure Per Week For General Conditioning	Exercise related, light intensity.	Numeric .N='Not applicable'
champs_golfride_ce pw_a1-2	Caloric Expenditure Per Week For Playing Golf, Riding A Cart	Exercise related, light intensity.	Numeric .N='Not applicable'
champs_golfwalk_c epw_a1-2	Caloric Expenditure Per Week For Playing Golf, Carrying Or Pulling Equipment	Exercise related, moderate intensity.	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_group_cepw_a1-2	Caloric Expenditure Per Week For Attending Other Group Or Club Activities		Numeric 'Not applicable'
champs_hvy_garden_cepw_a1-2	Caloric Expenditure Per Week For Heavy Gardening	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_hvy_house_cepw_a1-2	Caloric Expenditure Per Week For Doing Heavy House Chores	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_hvy_strength_cepw_a1-2	Caloric Expenditure Per Week For Heavy Strength Exercises	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_instrument_cepw_a1-2	Caloric Expenditure Per Week For Playing Instruments		Numeric 'Not applicable'
champs_jog_cepw_a1-2	Caloric Expenditure Per Week For Jogging	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_lgt_garden_cepw_a1-2	Caloric Expenditure Per Week For Light Gardening	Exercise related, light intensity.	Numeric 'Not applicable'
champs_lgt_house_cepw_a1-2	Caloric Expenditure Per Week For Doing Light House Chores	Exercise related, light intensity.	Numeric 'Not applicable'
champs_lgt_strength_cepw_a1-2	Caloric Expenditure Per Week For Light Strength Exercises	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_machine_work_cepw_a1-2	Caloric Expenditure Per Week For Machine Work	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_other_cepw_a1-2	Caloric Expenditure Per Week For Free Text Activity		Numeric 'Not applicable'
champs_read_cepw_a1-2	Caloric Expenditure Per Week For Reading		Numeric 'Not applicable'
champs_senior_cepw_a1-2	Caloric Expenditure Per Week For Going To The Senior Center		Numeric 'Not applicable'
champs_sing_tennis_cepw_a1-2	Caloric Expenditure Per Week For Playing Single Tennis	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_skate_cepw_a1-2	Caloric Expenditure Per Week For Skating	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_soccer_cepw_a1-2	Caloric Expenditure Per Week For Playing Soccer, Basketball, Or Racquetball	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_stretch_cepw_a1-2	Caloric Expenditure Per Week For Stretching	Exercise related, light intensity.	Numeric 'Not applicable'
champs_swim_fast_cepw_a1-2	Caloric Expenditure Per Week For Swimming Fast	Exercise related, moderate intensity.	Numeric 'Not applicable'
champs_swim_gentle_cepw_a1-2	Caloric Expenditure Per Week For Swimming Gently	Exercise related, moderate intensity.	Numeric 'Not applicable'

Variable	Label	Description	Format Text
champs_visit_cepw_a1-2	Caloric Expenditure Per Week For Visiting Friends Or Family		Numeric .N='Not applicable'
champs_volun_cepw_a1-2	Caloric Expenditure Per Week For Doing Volunteer Work		Numeric .N='Not applicable'
champs_walk_errands_cepw_a1-2	Caloric Expenditure Per Week For Walking For Errands	Exercise related, light intensity.	Numeric .N='Not applicable'
champs_walk_fast_cepw_a1-2	Caloric Expenditure Per Week For Walking Fast	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_walk_leisure_cepw_a1-2	Caloric Expenditure Per Week For Walking For Leisure	Exercise related, light intensity.	Numeric .N='Not applicable'
champs_walk_uphill_cepw_a1-2	Caloric Expenditure Per Week For Walking Uphill	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_water_exer_cepw_a1-2	Caloric Expenditure Per Week For Water Exercises (Does Not Include Swimming)	Exercise related, moderate intensity.	Numeric .N='Not applicable'
champs_wgt_a1-2	Weight Used To Calculate Caloric Expenditures For CHAMPS	Weight used to calculate caloric expenditures for CHAMPS. This variables takes the average of the two weight measurements closest to CHAMPS questionnaire date. For participants with only one clinic visit, this variable is set to the weight measurement from that clinic visit.	Numeric .N='Not applicable'
champs_yoga_cepw_a1-2	Caloric Expenditure Per Week For Doing Yoga	Exercise related, light intensity.	Numeric .N='Not applicable'

Section 5: CHAMPS MET Hours Per Week

Variable	Label	Description	Format Text
champs_aerobic_mach_mets_a1-2	Weighted Duration (MET Hrs/Week) For Using Aerobic Machines	This variable is created by multiplying the hours variable by a METS value of 5.0	Numeric .N='Not applicable'
champs_aerobic_mets_a1-2	Weighted Duration (MET Hrs/Week) For Aerobics	This variable is created by multiplying the hours variable by a METS value of 3.5	Numeric .N='Not applicable'
champs_bike_mets_a1-2	Weighted Duration (MET Hrs/Week) For Biking	This variable is created by multiplying the hours variable by a METS value of 4.0	Numeric .N='Not applicable'
champs_billiards_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Pool Or Billiards	This variable is created by multiplying the hours variable by a METS value of 2.5	Numeric .N='Not applicable'
champs_board_games_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Board Games	This variable is created by multiplying the hours variable by a METS value of 1.5	Numeric .N='Not applicable'
champs_church_mets_a1-2	Weighted Duration (MET Hrs/Week) For Attending Church	This variable is created by multiplying the hours variable by a METS value of 1.6	Numeric .N='Not applicable'
champs_computer_mets_a1-2	Weighted Duration (MET Hrs/Week) For Using A Computer	This variable is created by multiplying the hours variable by a METS value of 1.5	Numeric .N='Not applicable'
champs_concert_mets_a1-2	Weighted Duration (MET Hrs/Week) For Attending Concerts, Movies, Or Sporting Events	This variable is created by multiplying the hours variable by a METS value of 1.5	Numeric .N='Not applicable'
champs_crafts_mets_a1-2	Weighted Duration (MET Hrs/Week) For Woodworking, Needlework, Or Other Arts Or Crafts	This variable is created by multiplying the hours variable by a METS value of 1.8	Numeric .N='Not applicable'
champs_dance_mets_a1-2	Weighted Duration (MET Hrs/Week) For Dancing	This variable is created by multiplying the hours variable by a METS value of 4.5	Numeric .N='Not applicable'
champs_doub_tennis_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Double Tennis	This variable is created by multiplying the hours variable by a METS value of 4.0	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_gen_exer_mets_a1-2	Weighted Duration (MET Hrs/Week) For General Conditioning	This variable is created by multiplying the hours variable by a METS value of 2.5	Numeric .N='Not applicable'
champs_golfride_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Golf, Riding A Cart	This variable is created by multiplying the hours variable by a METS value of 2.0	Numeric .N='Not applicable'
champs_golfwalk_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Golf, Carrying Or Pulling Equipment	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'
champs_group_mets_a1-2	Weighted Duration (MET Hrs/Week) For Attending Other Group Or Club Activities	This variable is created by multiplying the hours variable by a METS value of 1.8	Numeric .N='Not applicable'
champs_hvy_garden_mets_a1-2	Weighted Duration (MET Hrs/Week) For Heavy Gardening	This variable is created by multiplying the hours variable by a METS value of 4.0	Numeric .N='Not applicable'
champs_hvy_house_mets_a1-2	Weighted Duration (MET Hrs/Week) For Doing Heavy House Chores	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'
champs_hvy_strength_mets_a1-2	Weighted Duration (MET Hrs/Week) For Heavy Strength Exercises	This variable is created by multiplying the hours variable by a METS value of 4.5	Numeric .N='Not applicable'
champs_instrument_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Instruments	This variable is created by multiplying the hours variable by a METS value of 2	Numeric .N='Not applicable'
champs_jog_mets_a1-2	Weighted Duration (MET Hrs/Week) For Jogging	This variable is created by multiplying the hours variable by a METS value of 7.0	Numeric .N='Not applicable'
champs_lgt_garden_mets_a1-2	Weighted Duration (MET Hrs/Week) For Light Gardening	This variable is created by multiplying the hours variable by a METS value of 2.25	Numeric .N='Not applicable'
champs_lgt_house_mets_a1-2	Weighted Duration (MET Hrs/Week) For Doing Light House Chores	This variable is created by multiplying the hours variable by a METS value of 2.5	Numeric .N='Not applicable'
champs_lgt_strength_mets_a1-2	Weighted Duration (MET Hrs/Week) For Light Strength Exercises	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'
champs_machine_work_mets_a1-2	Weighted Duration (MET Hrs/Week) For Machine Work	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_other_mets_a1-2	Weighted Duration (MET Hrs/Week) For Free Text Activity		Numeric .N='Not applicable'
champs_read_mets_a1-2	Weighted Duration (MET Hrs/Week) For Reading	This variable is created by multiplying the hours variable by a METS value of 1.3	Numeric .N='Not applicable'
champs_senior_mets_a1-2	Weighted Duration (MET Hrs/Week) For Going To The Senior Center	This variable is created by multiplying the hours variable by a METS value of 1.8	Numeric .N='Not applicable'
champs_sing_tennis_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Single Tennis	This variable is created by multiplying the hours variable by a METS value of 6.0	Numeric .N='Not applicable'
champs_skate_mets_a1-2	Weighted Duration (MET Hrs/Week) For Skating	This variable is created by multiplying the hours variable by a METS value of 4.5	Numeric .N='Not applicable'
champs_soccer_mets_a1-2	Weighted Duration (MET Hrs/Week) For Playing Soccer, Basketball, Or Racquetball	This variable is created by multiplying the hours variable by a METS value of 5.0	Numeric .N='Not applicable'
champs_stretch_mets_a1-2	Weighted Duration (MET Hrs/Week) For Stretching	This variable is created by multiplying the hours variable by a METS value of 2.0	Numeric .N='Not applicable'
champs_swim_fast_mets_a1-2	Weighted Duration (MET Hrs/Week) For Swimming Fast	This variable is created by multiplying the hours variable by a METS value of 5.0	Numeric .N='Not applicable'
champs_swim_gent_mets_a1-2	Weighted Duration (MET Hrs/Week) For Swimming Gently	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'
champs_visit_mets_a1-2	Weighted Duration (MET Hrs/Week) For Visiting Friends Or Family	This variable is created by multiplying the hours variable by a METS value of 1.8	Numeric .N='Not applicable'
champs_volun_mets_a1-2	Weighted Duration (MET Hrs/Week) For Doing Volunteer Work	This variable is created by multiplying the hours variable by a METS value of 1.8	Numeric .N='Not applicable'
champs_walk_errands_mets_a1-2	Weighted Duration (MET Hrs/Week) For Walking For Errands	This variable is created by multiplying the hours variable by a METS value of 2.5	Numeric .N='Not applicable'
champs_walk_fast_mets_a1-2	Weighted Duration (MET Hrs/Week) For Walking Fast	This variable is created by multiplying the hours variable by a METS value of 3.5	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_walk_leisure_mets_a1-2	Weighted Duration (MET Hrs/Week) For Walking For Leisure	This variable is created by multiplying the hours variable by a METS value of 2.5	Numeric .N='Not applicable'
champs_walk_uphill_mets_a1-2	Weighted Duration (MET Hrs/Week) For Walking Uphill	This variable is created by multiplying the hours variable by a METS value of 6.0	Numeric .N='Not applicable'
champs_water_exer_mets_a1-2	Weighted Duration (MET Hrs/Week) For Water Exercises (Does Not Include Swimming)	This variable is created by multiplying the hours variable by a METS value of 3.0	Numeric .N='Not applicable'
champs_yoga_mets_a1-2	Weighted Duration (MET Hrs/Week) For Doing Yoga	This variable is created by multiplying the hours variable by a METS value of 2.0	Numeric .N='Not applicable'

Section 6: CHAMPS Duration

Variable	Label	Description	Format Text
champs_aerobic_hours_a1-2	Do Aerobics Or Aerobic Dancing (Hours Per Week)	CHAMPS - Question 36 In a typical week, during the past 4 weeks, how many hours per week did the participant do aerobics or aerobic dancing?	Numeric .N='Not applicable'
champs_aerobic_mach_hours_a1-2	Do Other Aerobic Machines Such As Rowing, Or Step Machines (Hours Per Week)	CHAMPS - Question 30 In a typical week, during the past 4 weeks, how many hours per week did the participant do other aerobic machines such as rowing, or step machines?	Numeric .N='Not applicable'
champs_bike_hours_a1-2	Ride A Bicycle Or Stationary Cycle (Hours Per Week)	CHAMPS - Question 29 In a typical week, during the past 4 weeks, how many hours per week did the participant ride a bicycle or stationary cycle?	Numeric .N='Not applicable'
champs_billiards_hours_a1-2	Shoot Pool Or Billiards (Hours Per Week)	CHAMPS - Question 13 In a typical week, during the past 4 weeks, how many hours per week did the participant shoot pool or billiards?	Numeric .N='Not applicable'
champs_board_games_hours_a1-2	Play Cards, Bingo, Or Board Games With Other People (Hours Per Week)	CHAMPS - Question 12 In a typical week, during the past 4 weeks, how many hours per week did the participant play cards, bingo, or board games with other people?	Numeric .N='Not applicable'
champs_church_hours_a1-2	Attend Church Or Take Part In Church Activities (Hours Per Week)	CHAMPS - Question 4 In a typical week, during the past 4 weeks, how many hours per week did the participant attend church or take part in church activities?	Numeric .N='Not applicable'
champs_computer_hours_a1-2	Use A Computer (Hours Per Week)	CHAMPS - Question 6 In a typical week, during the past 4 weeks, how many hours per week did the participant use a computer?	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_concert_ho urs_a1-2	Attend A Concert, Movie, Lecture, Or Sport Event (Hours Per Week)	CHAMPS - Question 11 In a typical week, during the past 4 weeks, how many hours per week did the participant attend a concert, movie, lecture, or sport event?	Numeric .N='Not applicable'
champs_crafts_hou rs_a1-2	Do Woodworking, Needlework, Drawing, Or Other Arts Or Crafts (Hours Per Week)	CHAMPS - Question 8 In a typical week, during the past 4 weeks, how many hours per week did the participant do woodworking, needlework, drawing, or other arts or crafts?	Numeric .N='Not applicable'
champs_dance_hou rs_a1-2	Dance (Hours Per Week)	CHAMPS - Question 7 In a typical week, during the past 4 weeks, how many hours per week did the participant dance?	Numeric .N='Not applicable'
champs_doub_tenni s_hours_a1-2	Play Double Tennis (Hours Per Week)	CHAMPS - Question 15 In a typical week, during the past 4 weeks, how many hours per week did the participant play double tennis?	Numeric .N='Not applicable'
champs_gen_exer_ hours_a1-2	Do General Conditioning Exercises, Such As Light Calisthenics Or Chair Exercises (Hours Per Week)	CHAMPS - Question 39 In a typical week, during the past 4 weeks, how many hours per week did the participant do general conditioning exercises, such as light calisthenics or chair exercises?	Numeric .N='Not applicable'
champs_golfride_ho urs_a1-2	Play Golf, Ride A Cart (Hours Per Week)	CHAMPS - Question 10 In a typical week, during the past 4 weeks, how many hours per week did the participant play golf, ride a cart?	Numeric .N='Not applicable'
champs_golfwalk_h ours_a1-2	Play Golf, Carrying Or Pulling Equipment (Hours Per Week)	CHAMPS - Question 9 In a typical week, during the past 4 weeks, how many hours per week did the participant play golf, carrying or pulling equipment?	Numeric .N='Not applicable'
champs_group_hou rs_a1-2	Attend Other Club Or Group Meetings (Hours Per Week)	CHAMPS - Question 5 In a typical week, during the past 4 weeks, how many hours per week did the participant attend other club or group meetings?	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_hvy_garden_hours_a1-2	Do Heavy Gardening (Hours Per Week)	CHAMPS - Question 21 In a typical week, during the past 4 weeks, how many hours per week did the participant do heavy gardening?	Numeric .N='Not applicable'
champs_hvy_house_hours_a1-2	Do Heavy Work Around The House (Hours Per Week)	CHAMPS - Question 19 In a typical week, during the past 4 weeks, how many hours per week did the participant do heavy work around the house?	Numeric .N='Not applicable'
champs_hvy_strength_hours_a1-2	Do Moderate Or Heavy Strength Training (Hours Per Week)	CHAMPS - Question 37 In a typical week, during the past 4 weeks, how many hours per week did the participant do moderate or heavy strength training?	Numeric .N='Not applicable'
champs_instrument_hours_a1-2	Play A Musical Instrument (Hours Per Week)	CHAMPS - Question 17 In a typical week, during the past 4 weeks, how many hours per week did the participant play a musical instrument?	Numeric .N='Not applicable'
champs_jog_hours_a1-2	Jog Or Run (Hours Per Week)	CHAMPS - Question 24 In a typical week, during the past 4 weeks, how many hours per week did the participant jog or run?	Numeric .N='Not applicable'
champs_lgt_garden_hours_a1-2	Do Light Gardening (Hours Per Week)	CHAMPS - Question 22 In a typical week, during the past 4 weeks, how many hours per week did the participant do light gardening?	Numeric .N='Not applicable'
champs_lgt_house_hours_a1-2	Do Light Work Around The House (Hours Per Week)	CHAMPS - Question 20 In a typical week, during the past 4 weeks, how many hours per week did the participant do light work around the house?	Numeric .N='Not applicable'
champs_lgt_strength_hours_a1-2	Do Light Strength Training (Hours Per Week)	CHAMPS - Question 38 In a typical week, during the past 4 weeks, how many hours per week did the participant do light strength training?	Numeric .N='Not applicable'
champs_machine_work_hours_a1-2	Work On His/Her Car, Truck, Lawn Mower, Or Other Machinery (Hours Per Week)	CHAMPS - Question 23 In a typical week, during the past 4 weeks, how many hours per week did the participant work on his/her car, truck, lawn mower, or other machinery?	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_other_hours_a1-2	Do Other Types Of Physical Activity Not Previously Mentioned (Hours Per Week)	CHAMPS - Question 41 In a typical week, during the past 4 weeks, how many hours per week did the participant do other types of physical activity not previously mentioned?	Numeric .N='Not applicable'
champs_read_hours_a1-2	Read (Hours Per Week)	CHAMPS - Question 18 In a typical week, during the past 4 weeks, how many hours per week did the participant read?	Numeric .N='Not applicable'
champs_senior_hours_a1-2	Go To The Senior Center (Hours Per Week)	CHAMPS - Question 2 In a typical week, during the past 4 weeks, how many hours per week did the participant go to the senior center?	Numeric .N='Not applicable'
champs_sing_tennis_hours_a1-2	Play Single Tennis (Hours Per Week)	CHAMPS - Question 14 In a typical week, during the past 4 weeks, how many hours per week did the participant play single tennis?	Numeric .N='Not applicable'
champs_skate_hours_a1-2	Skate (Hours Per Week)	CHAMPS - Question 16 In a typical week, during the past 4 weeks, how many hours per week did the participant skate?	Numeric .N='Not applicable'
champs_soccer_hours_a1-2	Play Basketball, Soccer, Or Racquetball (Hours Per Week)	CHAMPS - Question 40 In a typical week, during the past 4 weeks, how many hours per week did the participant play basketball, soccer, or racquetball?	Numeric .N='Not applicable'
champs_stretch_hours_a1-2	Do Stretching Or Flexibility Exercises (Hours Per Week)	CHAMPS - Question 34 In a typical week, during the past 4 weeks, how many hours per week did the participant do stretching or flexibility exercises?	Numeric .N='Not applicable'
champs_swim_fast_hours_a1-2	Swim Moderately Or Fast (Hours Per Week)	CHAMPS - Question 32 In a typical week, during the past 4 weeks, how many hours per week did the participant swim moderately or fast?	Numeric .N='Not applicable'
champs_swim_gent_hours_a1-2	Swim Gently (Hours Per Week)	CHAMPS - Question 33 In a typical week, during the past 4 weeks, how many hours per week did the participant swim gently?	Numeric .N='Not applicable'

Variable	Label	Description	Format Text
champs_visit_hours_a1-2	Visit With Friends Or Family (Hours Per Week)	CHAMPS - Question 1 In a typical week, during the past 4 weeks, how many hours per week did the participant visit with friends or family?	Numeric .N='Not applicable'
champs_volun_hours_a1-2	Do Volunteer Work (Hours Per Week)	CHAMPS - Question 3 In a typical week, during the past 4 weeks, how many hours per week did the participant do volunteer work?	Numeric .N='Not applicable'
champs_walk_errands_hours_a1-2	Walk To Do Errands (Hours Per Week)	CHAMPS - Question 27 In a typical week, during the past 4 weeks, how many hours per week did the participant walk to do errands?	Numeric .N='Not applicable'
champs_walk_fast_hours_a1-2	Walk Fast Or Briskly For Exercise (Hours Per Week)	CHAMPS - Question 26 In a typical week, during the past 4 weeks, how many hours per week did the participant walk fast or briskly for exercise?	Numeric .N='Not applicable'
champs_walk_leisure_hours_a1-2	Walk Leisurely For Exercise Or Pleasure (Hours Per Week)	CHAMPS - Question 28 In a typical week, during the past 4 weeks, how many hours per week did the participant walk leisurely for exercise or pleasure?	Numeric .N='Not applicable'
champs_walk_uphill_hours_a1-2	Walk Uphill Or Hike Uphill (Hours Per Week)	CHAMPS - Question 25 In a typical week, during the past 4 weeks, how many hours per week did the participant walk uphill or hike uphill?	Numeric .N='Not applicable'
champs_water_exercises_hours_a1-2	Do Water Exercises (Hours Per Week)	CHAMPS - Question 31 In a typical week, during the past 4 weeks, how many hours per week did the participant do water exercises?	Numeric .N='Not applicable'
champs_yoga_hours_a1-2	Do Yoga Or Tai-Chi (Hours Per Week)	CHAMPS - Question 35 In a typical week, during the past 4 weeks, how many hours per week did the participant do yoga or Tai-chi?	Numeric .N='Not applicable'

Section 7: CHAMPS Raw - Lead Question

Variable	Label	Description	Format Text
champs_raw_aerobic_a1-2	Do Aerobics Or Aerobic Dancing	CHAMPS - Question 36 In a typical week, during the past 4 weeks, did the participant do aerobics or aerobic dancing?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_aerobic_mach_a1-2	Do Other Aerobic Machines Such As Rowing, Or Step Machines	CHAMPS - Question 30 In a typical week, during the past 4 weeks, did the participant do other aerobic machines such as rowing, or step machines?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_bike_a1-2	Ride A Bicycle Or Stationary Cycle	CHAMPS - Question 29 In a typical week, during the past 4 weeks, did the participant ride a bicycle or stationary cycle?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_billiards_a1-2	Shoot Pool Or Billiards	CHAMPS - Question 13 In a typical week, during the past 4 weeks, did the participant shoot pool or billiards?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_board_games_a1-2	Play Cards, Bingo, Or Board Games With Other People	CHAMPS - Question 12 In a typical week, during the past 4 weeks, did the participant play cards, bingo, or board games with other people?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_church_a1-2	Attend Church Or Take Part In Church Activities	CHAMPS - Question 4 In a typical week, during the past 4 weeks, did the participant attend church or take part in church activities?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_computer_a1-2	Use A Computer	CHAMPS - Question 6 In a typical week, during the past 4 weeks, did the participant use a computer?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_concert_a1-2	Attend A Concert, Movie, Lecture, Or Sport Event	CHAMPS - Question 11 In a typical week, during the past 4 weeks, did the participant attend a concert, movie, lecture, or sport event?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'

Variable	Label	Description	Format Text
champs_raw_crafts_a1-2	Do Woodworking, Needlework, Drawing, Or Other Arts Or Crafts	CHAMPS - Question 8 In a typical week, during the past 4 weeks, did the participant do woodworking, needlework, drawing, or other arts or crafts?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_dance_a1-2	Dance	CHAMPS - Question 7 In a typical week, during the past 4 weeks, did the participant dance?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_doub_tennis_a1-2	Play Double Tennis	CHAMPS - Question 15 In a typical week, during the past 4 weeks, did the participant play double tennis?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_gen_exer_a1-2	Do General Conditioning Exercises, Such As Light Calisthenics Or Chair Exercises	CHAMPS - Question 39 In a typical week, during the past 4 weeks, did the participant do general conditioning exercises, such as light calisthenics or chair exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_golfride_a1-2	Play Golf, Ride A Cart	CHAMPS - Question 10 In a typical week, during the past 4 weeks, did the participant play golf, ride a cart?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_golfwalk_a1-2	Play Golf, Carrying Or Pulling Equipment	CHAMPS - Question 9 In a typical week, during the past 4 weeks, did the participant play golf, carrying or pulling equipment?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_group_a1-2	Attend Other Club Or Group Meetings	CHAMPS - Question 5 In a typical week, during the past 4 weeks, did the participant attend other club or group meetings?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_hvy_garden_a1-2	Do Heavy Gardening	CHAMPS - Question 21 In a typical week, during the past 4 weeks, did the participant do heavy gardening?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_hvy_house_a1-2	Do Heavy Work Around The House	CHAMPS - Question 19 In a typical week, during the past 4 weeks, did the participant do heavy work around the house?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'

Variable	Label	Description	Format Text
champs_raw_hvy_strength_a1-2	Do Moderate Or Heavy Strength Training	CHAMPS - Question 37 In a typical week, during the past 4 weeks, did the participant do moderate or heavy strength training?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_instrument_a1-2	Play A Musical Instrument	CHAMPS - Question 17 In a typical week, during the past 4 weeks, did the participant play a musical instrument?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_jog_a1-2	Jog Or Run	CHAMPS - Question 24 In a typical week, during the past 4 weeks, did the participant jog or run?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_lgt_garden_a1-2	Do Light Gardening	CHAMPS - Question 22 In a typical week, during the past 4 weeks, did the participant do light gardening?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_lgt_house_a1-2	Do Light Work Around The House	CHAMPS - Question 20 In a typical week, during the past 4 weeks, did the participant do light work around the house?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_lgt_strength_a1-2	Do Light Strength Training	CHAMPS - Question 38 In a typical week, during the past 4 weeks, did the participant do light strength training?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_machinery_work_a1-2	Work On Your Car, Truck, Lawn Mower, Or Other Machinery	CHAMPS - Question 23 In a typical week, during the past 4 weeks, did the participant work on your car, truck, lawn mower, or other machinery?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_other_a1-2	Do Other Types Of Physical Activity Not Previously Mentioned	CHAMPS - Question 41 In a typical week, during the past 4 weeks, did the participant do other types of physical activity not previously mentioned?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_read_a1-2	Read	CHAMPS - Question 18 In a typical week, during the past 4 weeks, did the participant read?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'

Variable	Label	Description	Format Text
champs_raw_senior_a1-2	Go To The Senior Center	CHAMPS - Question 2 In a typical week, during the past 4 weeks, did the participant go to the senior center?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_sing_tennis_a1-2	Play Single Tennis	CHAMPS - Question 14 In a typical week, during the past 4 weeks, did the participant play single tennis?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_skate_a1-2	Skate	CHAMPS - Question 16 In a typical week, during the past 4 weeks, did the participant skate?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_soccer_a1-2	Play Basketball, Soccer, Or Racquetball	CHAMPS - Question 40 In a typical week, during the past 4 weeks, did the participant play basketball, soccer, or racquetball?	.M='Missing' .N='Not applicable' 0='No' 1='Yes'
champs_raw_stretch_a1-2	Do Stretching Or Flexibility Exercises	CHAMPS - Question 34 In a typical week, during the past 4 weeks, did the participant do stretching or flexibility exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_swim_fast_a1-2	Swim Moderately Or Fast	CHAMPS - Question 32 In a typical week, during the past 4 weeks, did the participant swim moderately or fast?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_swim_gent_a1-2	Swim Gently	CHAMPS - Question 33 In a typical week, during the past 4 weeks, did the participant swim gently?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_visit_a1-2	Visit With Friends Or Family	CHAMPS - Question 1 In a typical week, during the past 4 weeks, did the participant visit with friends or family?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_volunteer_a1-2	Do Volunteer Work	CHAMPS - Question 3 In a typical week, during the past 4 weeks, did the participant do volunteer work?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'

Variable	Label	Description	Format Text
champs_raw_walk_errands_a1-2	Walk To Do Errands	CHAMPS - Question 27 In a typical week, during the past 4 weeks, did the participant walk to do errands?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_walk_fast_a1-2	Walk Fast Or Briskly For Exercise	CHAMPS - Question 26 In a typical week, during the past 4 weeks, did the participant walk fast or briskly for exercise?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_walk_leisure_a1-2	Walk Leisurely For Exercise Or Pleasure	CHAMPS - Question 28 In a typical week, during the past 4 weeks, did the participant walk leisurely for exercise or pleasure?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_walk_uphill_a1-2	Walk Uphill Or Hike Uphill	CHAMPS - Question 25 In a typical week, during the past 4 weeks, did the participant walk uphill or hike uphill?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_water_exer_a1-2	Do Water Exercises (Does Not Include Swimming)	CHAMPS - Question 31 In a typical week, during the past 4 weeks, did the participant do water exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'
champs_raw_yoga_a1-2	Do Yoga Or Tai-Chi	CHAMPS - Question 35 In a typical week, during the past 4 weeks, did the participant do yoga or Tai-chi?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='No' 1='Yes'

Section 8: CHAMPS Raw - Duration

Variable	Label	Description	Format Text
champs_raw_aerobic_hours_a1-2	Do Aerobics Or Aerobic Dancing (Hours Per Week)	CHAMPS - Question 36 In a typical week, during the past 4 weeks, how many hours per week did the participant do aerobics or aerobic dancing?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours'
champs_raw_aerobic_mach_hours_a1-2	Do Other Aerobic Machines Such As Rowing, Or Step Machines (Hours Per Week)	CHAMPS - Question 30 In a typical week, during the past 4 weeks, how many hours per week did the participant do other aerobic machines such as rowing, or step machines?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours'
champs_raw_bike_hours_a1-2	Ride A Bicycle Or Stationary Cycle (Hours Per Week)	CHAMPS - Question 29 In a typical week, during the past 4 weeks, how many hours per week did the participant ride a bicycle or stationary cycle?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_billiards_hours_a1-2	Shoot Pool Or Billiards (Hours Per Week)	CHAMPS - Question 13 In a typical week, during the past 4 weeks, how many hours per week did the participant shoot pool or billiards?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 5='9 or more hours'
champs_raw_board_games_hours_a1-2	Play Cards, Bingo, Or Board Games With Other People (Hours Per Week)	CHAMPS - Question 12 In a typical week, during the past 4 weeks, how many hours per week did the participant play cards, bingo, or board games with other people?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'

Variable	Label	Description	Format Text
champs_raw_church_hours_a1-2	Attend Church Or Take Part In Church Activities (Hours Per Week)	CHAMPS - Question 4 In a typical week, during the past 4 weeks, how many hours per week did the participant attend church or take part in church activities?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_computer_hours_a1-2	Use A Computer (Hours Per Week)	CHAMPS - Question 6 In a typical week, during the past 4 weeks, how many hours per week did the participant use a computer?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_concert_hours_a1-2	Attend A Concert, Movie, Lecture, Or Sport Event (Hours Per Week)	CHAMPS - Question 11 In a typical week, during the past 4 weeks, how many hours per week did the participant attend a concert, movie, lecture, or sport event?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_crafts_hours_a1-2	Do Woodworking, Needlework, Drawing, Or Other Arts Or Crafts (Hours Per Week)	CHAMPS - Question 8 In a typical week, during the past 4 weeks, how many hours per week did the participant do woodworking, needlework, drawing, or other arts or crafts?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_dance_hours_a1-2	Dance (Hours Per Week)	CHAMPS - Question 7 In a typical week, during the past 4 weeks, how many hours per week did the participant dance?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours'
champs_raw_double_tennis_hours_a1-2	Play Double Tennis (Hours Per Week)	CHAMPS - Question 15 In a typical week, during the past 4 weeks, how many hours per week did the participant play double tennis?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 5='9 or more hours'

Variable	Label	Description	Format Text
champs_raw_gen_exer_hours_a1-2	Do General Conditioning Exercises, Such As Light Calisthenics Or Chair Exercises (Hours Per Week)	CHAMPS - Question 39 In a typical week, during the past 4 weeks, how many hours per week did the participant do general conditioning exercises, such as light calisthenics or chair exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours'
champs_raw_golfride_hours_a1-2	Play Golf, Ride A Cart (Hours Per Week)	CHAMPS - Question 10 In a typical week, during the past 4 weeks, how many hours per week did the participant play golf, ride a cart?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_golfwalk_hours_a1-2	Play Golf, Carrying Or Pulling Equipment (Hours Per Week)	CHAMPS - Question 9 In a typical week, during the past 4 weeks, how many hours per week did the participant play golf, carrying or pulling equipment?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours'
champs_raw_group_hours_a1-2	Attend Other Club Or Group Meetings (Hours Per Week)	CHAMPS - Question 5 In a typical week, during the past 4 weeks, how many hours per week did the participant attend other club or group meetings?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_hvy_garden_hours_a1-2	Do Heavy Gardening (Hours Per Week)	CHAMPS - Question 21 In a typical week, during the past 4 weeks, how many hours per week did the participant do heavy gardening?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_hvy_house_hours_a1-2	Do Heavy Work Around The House (Hours Per Week)	CHAMPS - Question 19 In a typical week, during the past 4 weeks, how many hours per week did the participant do heavy work around the house?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'

Variable	Label	Description	Format Text
champs_raw_hvy_strength_hours_a1-2	Do Moderate Or Heavy Strength Training (Hours Per Week)	CHAMPS - Question 37 In a typical week, during the past 4 weeks, how many hours per week did the participant do moderate or heavy strength training?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_instrument_hours_a1-2	Play A Musical Instrument (Hours Per Week)	CHAMPS - Question 17 In a typical week, during the past 4 weeks, how many hours per week did the participant play a musical instrument?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_jog_hours_a1-2	Jog Or Run (Hours Per Week)	CHAMPS - Question 24 In a typical week, during the past 4 weeks, how many hours per week did the participant jog or run?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_lgt_garden_hours_a1-2	Do Light Gardening (Hours Per Week)	CHAMPS - Question 22 In a typical week, during the past 4 weeks, how many hours per week did the participant do light gardening?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_lgt_house_hours_a1-2	Do Light Work Around The House (Hours Per Week)	CHAMPS - Question 20 In a typical week, during the past 4 weeks, how many hours per week did the participant do light work around the house?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'

Variable	Label	Description	Format Text
champs_raw_lgt_str ength_hours_a1-2	Do Light Strength Training (Hours Per Week)	CHAMPS - Question 38 In a typical week, during the past 4 weeks, how many hours per week did the participant do light strength training?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours'
champs_raw_machi ne_work_hours_a1- 2	Work On His/Her Car, Truck, Lawn Mower, Or Other Machinery (Hours Per Week)	CHAMPS - Question 23 In a typical week, during the past 4 weeks, how many hours per week did the participant work on his/her car, truck, lawn mower, or other machinery?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours'
champs_raw_other_ hours_a1-2	Do Other Types Of Physical Activity Not Previously Mentioned (Hours Per Week)	CHAMPS - Question 41 In a typical week, during the past 4 weeks, how many hours per week did the participant do other types of physical activity not previously mentioned?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_read_ hours_a1-2	Read (Hours Per Week)	CHAMPS - Question 18 In a typical week, during the past 4 weeks, how many hours per week did the participant read?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_senior_ hours_a1-2	Go To The Senior Center (Hours Per Week)	CHAMPS - Question 2 In a typical week, during the past 4 weeks, how many hours per week did the participant go to the senior center?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_sing_t ennis_hours_a1-2	Play Single Tennis (Hours Per Week)	CHAMPS - Question 14 In a typical week, during the past 4 weeks, how many hours per week did the participant play single tennis?	.M='Missing' .N='Not applicable' 0='Less than 1 hour' 1='1-2.5 hours'

Variable	Label	Description	Format Text
champs_raw_skate_hours_a1-2	Skate (Hours Per Week)	CHAMPS - Question 16 In a typical week, during the past 4 weeks, how many hours per week did the participant skate?	.M='Missing' .N='Not applicable' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours'
champs_raw_soccer_hours_a1-2	Play Basketball, Soccer, Or Racquetball (Hours Per Week)	CHAMPS - Question 40 In a typical week, during the past 4 weeks, how many hours per week did the participant play basketball, soccer, or racquetball?	.M='Missing' .N='Not applicable' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours'
champs_raw_stretch_hours_a1-2	Do Stretching Or Flexibility Exercises (Hours Per Week)	CHAMPS - Question 34 In a typical week, during the past 4 weeks, how many hours per week did the participant do stretching or flexibility exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_swim_fast_hours_a1-2	Swim Moderately Or Fast (Hours Per Week)	CHAMPS - Question 32 In a typical week, during the past 4 weeks, how many hours per week did the participant swim moderately or fast?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours'
champs_raw_swim_gent_hours_a1-2	Swim Gently (Hours Per Week)	CHAMPS - Question 33 In a typical week, during the past 4 weeks, how many hours per week did the participant swim gently?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours'
champs_raw_visit_hours_a1-2	Visit With Friends Or Family (Hours Per Week)	CHAMPS - Question 1 In a typical week, during the past 4 weeks, how many hours per week did the participant visit with friends or family?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'

Variable	Label	Description	Format Text
champs_raw_volun_hours_a1-2	Do Volunteer Work (Hours Per Week)	CHAMPS - Question 3 In a typical week, during the past 4 weeks, how many hours per week did the participant do volunteer work?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_walk_errands_hours_a1-2	Walk To Do Errands (Hours Per Week)	CHAMPS - Question 27 In a typical week, during the past 4 weeks, how many hours per week did the participant walk to do errands?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_walk_fast_hours_a1-2	Walk Fast Or Briskly For Exercise (Hours Per Week)	CHAMPS - Question 26 In a typical week, during the past 4 weeks, how many hours per week did the participant walk fast or briskly for exercise?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_walk_leisure_hours_a1-2	Walk Leisurely For Exercise Or Pleasure (Hours Per Week)	CHAMPS - Question 28 In a typical week, during the past 4 weeks, how many hours per week did the participant walk leisurely for exercise or pleasure?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_walk_uphill_hours_a1-2	Walk Uphill Or Hike Uphill (Hours Per Week)	CHAMPS - Question 25 In a typical week, during the past 4 weeks, how many hours per week did the participant walk uphill or hike uphill?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 4='7-8.5 hours' 5='9 or more hours'
champs_raw_water_exer_hours_a1-2	Do Water Exercises (Does Not Include Swimming) (Hours Per Week)	CHAMPS - Question 31 In a typical week, during the past 4 weeks, how many hours per week did the participant do water exercises?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours'

Variable	Label	Description	Format Text
champs_raw_yoga_hours_a1-2	Do Yoga Or Tai-Chi (Hours Per Week)	CHAMPS - Question 35 In a typical week, during the past 4 weeks, how many hours per week did the participant do yoga or Tai-chi?	.M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 0='Less than 1 hour' 1='1-2.5 hours' 2='3-4.5 hours' 3='5-6.5 hours' 5='9 or more hours'

Section 9: CHAMPS Raw - Frequency

Variable	Label	Description	Format Text
champs_raw_aerobic_freq_a1-2	Do Aerobics Or Aerobic Dancing (Times Per Week)	CHAMPS - Question 36 In a typical week, during the past 4 weeks, how many times per week did the participant do aerobics or aerobic dancing?	Numeric .M='Missing' .N='Not applicable'
champs_raw_aerobic_mach_freq_a1-2	Do Other Aerobic Machines Such As Rowing, Or Step Machines (Times Per Week)	CHAMPS - Question 30 In a typical week, during the past 4 weeks, how many times per week did the participant do other aerobic machines such as rowing, or step machines?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_bike_freq_a1-2	Ride A Bicycle Or Stationary Cycle (Times Per Week)	CHAMPS - Question 29 In a typical week, during the past 4 weeks, how many times per week did the participant ride a bicycle or stationary cycle?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_billiards_freq_a1-2	Shoot Pool Or Billiards (Times Per Week)	CHAMPS - Question 13 In a typical week, during the past 4 weeks, how many times per week did the participant shoot pool or billiards?	Numeric .M='Missing' .N='Not applicable'
champs_raw_board_games_freq_a1-2	Play Cards, Bingo, Or Board Games With Other People (Times Per Week)	CHAMPS - Question 12 In a typical week, during the past 4 weeks, how many times per week did the participant play cards, bingo, or board games with other people?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_church_freq_a1-2	Attend Church Or Take Part In Church Activities (Times Per Week)	CHAMPS - Question 4 In a typical week, during the past 4 weeks, how many times per week did the participant attend church or take part in church activities?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_computer_freq_a1-2	Use A Computer (Times Per Week)	CHAMPS - Question 6 In a typical week, during the past 4 weeks, how many times per week did the participant use a computer?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'

Variable	Label	Description	Format Text
champs_raw_concert_freq_a1-2	Attend A Concert, Movie, Lecture, Or Sport Event (Times Per Week)	CHAMPS - Question 11 In a typical week, during the past 4 weeks, how many times per week did the participant attend a concert, movie, lecture, or sport event?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_crafts_freq_a1-2	Do Woodworking, Needlework, Drawing, Or Other Arts Or Crafts (Times Per Week)	CHAMPS - Question 8 In a typical week, during the past 4 weeks, how many times per week did the participant do woodworking, needlework, drawing, or other arts or crafts?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_dance_freq_a1-2	Dance (Times Per Week)	CHAMPS - Question 7 In a typical week, during the past 4 weeks, how many times per week did the participant dance?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_double_tennis_freq_a1-2	Play Double Tennis (Times Per Week)	CHAMPS - Question 15 In a typical week, during the past 4 weeks, how many times per week did the participant play double tennis?	Numeric .M='Missing' .N='Not applicable'
champs_raw_general_exercises_freq_a1-2	Do General Conditioning Exercises, Such As Light Calisthenics Or Chair Exercises (Times Per Week)	CHAMPS - Question 39 In a typical week, during the past 4 weeks, how many times per week did the participant do general conditioning exercises, such as light calisthenics or chair exercises?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_golf_ride_freq_a1-2	Play Golf, Ride A Cart (Times Per Week)	CHAMPS - Question 10 In a typical week, during the past 4 weeks, how many times per week did the participant play golf, ride a cart?	Numeric .M='Missing' .N='Not applicable'
champs_raw_golf_walking_freq_a1-2	Play Golf, Carrying Or Pulling Equipment (Times Per Week)	CHAMPS - Question 9 In a typical week, during the past 4 weeks, how many times per week did the participant play golf, carrying or pulling equipment?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_group_meetings_freq_a1-2	Attend Other Club Or Group Meetings (Times Per Week)	CHAMPS - Question 5 In a typical week, during the past 4 weeks, how many times per week did the participant attend other club or group meetings?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'

Variable	Label	Description	Format Text
champs_raw_hvy_garden_freq_a1-2	Do Heavy Gardening (Times Per Week)	CHAMPS - Question 21 In a typical week, during the past 4 weeks, how many times per week did the participant do heavy gardening?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_hvy_house_freq_a1-2	Do Heavy Work Around The House (Times Per Week)	CHAMPS - Question 19 In a typical week, during the past 4 weeks, how many times per week did the participant do heavy work around the house?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_hvy_strength_freq_a1-2	Do Moderate Or Heavy Strength Training (Times Per Week)	CHAMPS - Question 37 In a typical week, during the past 4 weeks, how many times per week did the participant do moderate or heavy strength training?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_instrument_freq_a1-2	Play A Musical Instrument (Times Per Week)	CHAMPS - Question 17 In a typical week, during the past 4 weeks, how many times per week did the participant play a musical instrument?	Numeric .M='Missing' .N='Not applicable'
champs_raw_jog_freq_a1-2	Jog Or Run (Times Per Week)	CHAMPS - Question 24 In a typical week, during the past 4 weeks, how many times per week did the participant jog or run?	Numeric .M='Missing' .N='Not applicable'
champs_raw_lgt_garden_freq_a1-2	Do Light Gardening (Times Per Week)	CHAMPS - Question 22 In a typical week, during the past 4 weeks, how many times per week did the participant do light gardening?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_lgt_house_freq_a1-2	Do Light Work Around The House (Times Per Week)	CHAMPS - Question 20 In a typical week, during the past 4 weeks, how many times per week did the participant do light work around the house?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_lgt_strength_freq_a1-2	Do Light Strength Training (Times Per Week)	CHAMPS - Question 38 In a typical week, during the past 4 weeks, how many times per week did the participant do light strength training?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_machinery_work_freq_a1-2	Work On Your Car, Truck, Lawn Mower, Or Other Machinery (Times Per Week)	CHAMPS - Question 23 In a typical week, during the past 4 weeks, how many times per week did the participant work on your car, truck, lawn mower, or other machinery?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'

Variable	Label	Description	Format Text
champs_raw_other_freq_a1-2	Do Other Types Of Physical Activity Not Previously Mentioned (Times Per Week)	CHAMPS - Question 41 In a typical week, during the past 4 weeks, how many times per week did the participant do other types of physical activity not previously mentioned?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_read_freq_a1-2	Read (Times Per Week)	CHAMPS - Question 18 In a typical week, during the past 4 weeks, how many times per week did the participant read?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_senior_freq_a1-2	Go To The Senior Center (Times Per Week)	CHAMPS - Question 2 In a typical week, during the past 4 weeks, how many times per week did the participant go to the senior center?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_sing_tennis_freq_a1-2	Play Single Tennis (Times Per Week)	CHAMPS - Question 14 In a typical week, during the past 4 weeks, how many times per week did the participant play single tennis?	Numeric .M='Missing' .N='Not applicable'
champs_raw_skate_freq_a1-2	Skate (Times Per Week)	CHAMPS - Question 16 In a typical week, during the past 4 weeks, how many times per week did the participant skate?	Numeric .M='Missing' .N='Not applicable'
champs_raw_soccer_freq_a1-2	Play Basketball, Soccer, Or Racquetball (Times Per Week)	CHAMPS - Question 40 In a typical week, during the past 4 weeks, how many times per week did the participant play basketball, soccer, or racquetball?	Numeric .M='Missing' .N='Not applicable'
champs_raw_stretch_freq_a1-2	Do Stretching Or Flexibility Exercises (Times Per Week)	CHAMPS - Question 34 In a typical week, during the past 4 weeks, how many times per week did the participant do stretching or flexibility exercises?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_swim_fast_freq_a1-2	Swim Moderately Or Fast (Times Per Week)	CHAMPS - Question 32 In a typical week, during the past 4 weeks, how many times per week did the participant swim moderately or fast?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_swim_gent_freq_a1-2	Swim Gently (Times Per Week)	CHAMPS - Question 33 In a typical week, during the past 4 weeks, how many times per week did the participant swim gently?	Numeric .M='Missing' .N='Not applicable'

Variable	Label	Description	Format Text
champs_raw_visit_freq_a1-2	Visit With Friends Or Family (Times Per Week)	CHAMPS - Question 1 In a typical week, during the past 4 weeks, how many times per week did the participant visit with friends or family?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_volun_freq_a1-2	Do Volunteer Work (Times Per Week)	CHAMPS - Question 3 In a typical week, during the past 4 weeks, how many times per week did the participant do volunteer work?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_walk_errands_freq_a1-2	Walk To Do Errands (Times Per Week)	CHAMPS - Question 27 In a typical week, during the past 4 weeks, how many times per week did the participant walk to do errands?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_walk_fast_freq_a1-2	Walk Fast Or Briskly For Exercise (Times Per Week)	CHAMPS - Question 26 In a typical week, during the past 4 weeks, how many times per week did the participant walk fast or briskly for exercise?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_walk_leisure_freq_a1-2	Walk Leisurely For Exercise Or Pleasure (Times Per Week)	CHAMPS - Question 28 In a typical week, during the past 4 weeks, how many times per week did the participant walk leisurely for exercise or pleasure?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_walk_uphill_freq_a1-2	Walk Uphill Or Hike Uphill (Times Per Week)	CHAMPS - Question 25 In a typical week, during the past 4 weeks, how many times per week did the participant walk uphill or hike uphill?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_water_exer_freq_a1-2	Do Water Exercises(Does Not Include Swimming) (Times Per Week)	CHAMPS - Question 31 In a typical week, during the past 4 weeks, how many times per week did the participant do water exercises?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'
champs_raw_yoga_freq_a1-2	Do Yoga Or Tai-Chi (Times Per Week)	CHAMPS - Question 35 In a typical week, during the past 4 weeks, how many times per week did the participant do yoga or Tai-chi?	Numeric .M='Missing' .N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions'

Section 10: CHAMPS - Free Text

Variable	Label	Description	Format Text
champs_other_activity_a1-2	Activity Name Assigned To The Free Text Activity	The following ranges of activities are classified as exercise related: 41-48, 50-54, 58, 62-65, 70, 73, 77, 78, 81-83, 85, 87-92, 94, 96, 99, 103. Exercise related activities with a MET value of 3 or greater is considered to be of moderate intensity.	.N='Not applicable' .R='Removed due to missing answer to lead question or follow-up questions' 19='Heavy house work' 20='Light house work' 21='Heavy gardening' 24='Jog or run' 26='Walking fast' 29='Ride a bicycle' 30='Use exercise machines' 31='Water exercises' 34='Stretching or flexibility exercises' 35='Yoga or tai-chi' 36='Aerobics or aerobic dance' 37='Moderate or heavy strength training' 38='Light strength training' 41='Stair climbing' 42='Rowing, kayaking, canoeing, paddleboating, or paddleboarding (not crew)' 43='Rowing, crew team' 44='Mowing the lawn' 45='Shoveling snow' 46='Volleyball' 47='Wallyball' 48='Snow skiing' 49='Playing with children' 50='Martial arts' 51='Pilates' 52='Bowling' 53='Walking on treadmill, speed unspecified' 54='Curves' 55='Painting or staining house' 56='Fishing' 57='Hunting' 58='Combination of hunting, fishing, and other outdoor activities' 59='Bartending' 60='Chopping wood' 61='Food preparation' 62='General exercise or combination of indoor exercises' 63='Circuit training or vigorous aerobic exercise' 64='Wii Fit' 65='Dog walking or other pet care' 66='Construction or home remodeling' [continued...]

Variable	Label	Description	Format Text
[...continued] champs_other_activ ity_a1-2			[...continued] 67='Sex' 68='Conducting tours or showing houses' 69='Trail maintenance' 70='Softball' 71='Juggling' 72='Piloting aircraft' 73='Horseback riding' 74='Firearm shooting sports' 75='Singing' 76='Shopping or errands' 77='Zumba' 78='Carrying heavy objects' 79='Loading/Unloading' 80='Stocking shelves' 81='Sports officiating' 83='Weight lifting, weight unspecified' 84='Multiple outdoor activities' 86='Climbing a ladder' 87='Inversion table' 88='Jumping rope' 89='Track and field jumping' 90='Throwing balls' 91='Combination of tennis and golf' 92='Yard work and outdoor work around the house' 93='Caring for children' 94='Standing or walking at work' 95='Farm work' 96='Kickbike' 97='Metal detecting' 98='Work, activity unspecified' 99='Water Skiing' 100='Plumbing and wiring' 101='Packing boxes and painting' 102='Unspecified activities' 103='Teaching, walking, and running' 999='None'
champs_other_met_ value_a1-2	MET Value For The Free Text Activity		Numeric .N='Not applicable'