

IDATA ACT24 Activity Secondary Complete: Data Dictionary

TABLE OF CONTENTS

IDATA ACT24 Activity Secondary Complete: Data Dictionary	1
Document Summary.....	2
IDATA ACT24 Activity Secondary Complete: Data Dictionary	3
Section 1: Identifiers	3
Section 2: Activity Information	4
Section 3: Activity Characteristics - MET Related.....	17
Section 4: Activity Characteristics - non MET Related.....	19

Document Summary

Property	Value
Document Title	IDATA ACT24 Activity Secondary Complete: Data Dictionary
Date Created	06/09/2016
For Dataset	act24_activity_2nd_complete
Sections	4
Entries	110
Document Filename	dictionary_idata_act24_activity_2nd_complete.070116.rtf

IDATA ACT24 Activity Secondary Complete: Data Dictionary
06/09/2016
Dataset: act24_activity_2nd_complete

IDATA ACT24 Activity Secondary Complete: Data Dictionary

Section 1: Identifiers

Variable	Label	Description	Format Text
Attempt	ACT24 Attempt within recall assignment		Numeric .M="Missing"
Build	Build		SAS Date
iid	IDATA ID		Char
RecallDate	Date Of The Activity	Date on which respondent did the activities included on the recall. The source of this date is the computer	Numeric .M="Missing"
RecallNo	Sequence number of recall in database per user		Numeric .M="Missing"
Task	ACT24 Task Number		Numeric .M="Missing"

Section 2: Activity Information

Variable	Label	Description	Format Text
Activity	Activity	Description of the activity selected (e.g. Sleeping or in bed, Eating a meal or snack, Weight lifting and callisthenics, etc)	.M="Missing" 1="Child care (dress; bath; feed)" 2="Caring for children" 3="Play with children (sit or stand)" 4="Play with children (walk or run)" 5="Sitting or reclining with child" 6="Watching children play" 7="Sunday school" 10="Elder care (dress; bath; feed)" 20="Pet care (feed; let outside; groom)" 21="Play with animals (sit or stand)" 22="Play with animals (walk or run)" 23="Walking the dog" 24="Horse; saddling horse; grooming horse" 30="Horseback riding" 31="Polo; on horseback" 40="Attending service" 41="Meditating" 42="Praying" 43="Devotions" 50="Sing; play in choir" 60="Computer or electronic games" 61="Playing computer or electronic games" 62="Using computer (email; web)" 63="Sitting: desk or computer work" 64="Computer use, other or unspecified" 65="Pay bills; finance (desk work)" 66="Online shopping" 70="Talking with others (in-person)" [continued...]

Variable	Label	Description	Format Text
[...continued]			[...continued]
Activity			71="Socializing with others" 72="Socializing with others (church or spiritual pursuits)" 73="Using phone (talk; text; email)" 74="Reading mail" 75="Getting the mail" 80="Public speaking" 81="Ushering/greeting" 90="Aerobic dance or water aerobics" 91="Aerobic dance or water aerobics zumba" 100="Football" 101="Basketball" 102="Baseball" 103="Softball" 104="Soccer" 105="Other ball game" 106="Cricket batting; bowling" 107="Field hockey" 108="Ice hockey" 109="Frisbee" 110="Volleyball; competitive games or on sand/beach beach volleyball" 120="Tennis" 121="Racquetball" 122="Squash" 123="Pickle ball" 124="Table tennis ping pong" 130="Bicycling or exercise bike" 131="Bicycling bike; cycling; biking; BMX" 132="Spinning class bike; cycling; biking" 133="Stationary bicycling bike; cycling; biking" 134="Bicycling" 135="Bicycling for transportation" [continued...]

Variable	Label	Description	Format Text
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 430 180 457">Activity</p>			<p data-bbox="1138 373 1279 401">[...continued]</p> <p data-bbox="1138 430 1528 1497"> 140="Golf" 141="Hitting golf balls driving range" 142="Hitting golf balls" 150="Cardio machines" 151="Elliptical trainer" 152="Rowing machine concept 2 rowing machine" 160="Weight lifting or calisthenics" 161="Weight lifting or calisthenics push-ups; sit-ups; pull-ups; jumping jacks; squats; lunges; calf raises; dips; crunches" 162="Weight lifting weight machines; power lifting; strength training; lifting; pumping iron" 163="Circuit training weight machines; nautilus; life fitness; universal" 164="Circuit training" 165="Curves circuit training program" 166="Pilates" 167="Yoga" 168="Tai chi" 170="Martial arts" 180="Boxing punching bag; sparring" 190="Running or jogging" 191="Walking for exercise" 192="Walking for pleasure; or strolling" 193="Treadmill, unspecified if walking or jogging" 194="Walking: longer distances" 195="Walking for transportation" 196="Walking (to car; between stores)" 197="Standing: much walking in work area" </p> <p data-bbox="1138 1526 1279 1554">[continued...]</p>

Variable	Label	Description	Format Text
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 430 180 457">Activity</p>			<p data-bbox="1138 373 1273 401">[...continued]</p> <p data-bbox="1138 430 1479 478">198="Standing: some walking in work area"</p> <p data-bbox="1138 485 1474 512">200="Standing: mostly in place"</p> <p data-bbox="1138 518 1430 567">210="Stretching or flexibility exercises"</p> <p data-bbox="1138 573 1479 600">211="Back exercises stretching"</p> <p data-bbox="1138 606 1365 634">212="Back exercises"</p> <p data-bbox="1138 640 1317 667">220="Swimming"</p> <p data-bbox="1138 674 1528 722">221="Swimming lap swimming; open water swimming; pool"</p> <p data-bbox="1138 728 1523 777">230="Archery (not hunting) bow and arrow"</p> <p data-bbox="1138 783 1511 810">240="Backpacking hiking; camping"</p> <p data-bbox="1138 816 1430 844">241="Hiking; cross country"</p> <p data-bbox="1138 850 1430 898">242="Hiking; cross country mountaineering; day hiking"</p> <p data-bbox="1138 905 1474 932">243="Orienteering geocaching"</p> <p data-bbox="1138 938 1414 987">250="Cross country skiing (outdoors)"</p> <p data-bbox="1138 993 1365 1020">251="Downhill skiing"</p> <p data-bbox="1138 1026 1458 1075">252="Water skiing (only active periods)"</p> <p data-bbox="1138 1081 1317 1108">260="Ice skating"</p> <p data-bbox="1138 1115 1507 1163">261="Roller skating in-line skating; roller-blades; roller-blading"</p> <p data-bbox="1138 1169 1479 1218">270="Canoeing or rowing a boat paddling"</p> <p data-bbox="1138 1224 1511 1272">271="Rowing for exercise or in competition rowing crew; sculling; canoe"</p> <p data-bbox="1138 1278 1300 1306">272="Kayaking"</p> <p data-bbox="1138 1312 1398 1339">273="Whitewater rafting"</p> <p data-bbox="1138 1346 1523 1394">280="Sailing; boat and board sailing windsurfing; ice sailing; board sailing; kiteboarding"</p> <p data-bbox="1138 1400 1414 1428">281="Boating; power boat"</p> <p data-bbox="1138 1434 1495 1482">290="Gymnastics tumbling; floor exercises; trampoline"</p> <p data-bbox="1138 1509 1273 1537">[continued...]</p>

Variable	Label	Description	Format Text
[...continued]			[...continued]
Activity			300="Sledding; tobogganing; bobsledding; luge tobogganing; bobsledding; luge" 301="Snow shoeing" 302="Snowmobiling" 310="Bowling ten pin; duckpin bowling" 311="Shuffleboard; lawn bowling bocce" 320="Pitching horseshoes; quoits pitching washers" 330="Billiards playing pool; eight ball; snooker" 340="Children's games hopscotch; 4-square; four square; dodge ball; tetherball; marbles; jacks; tag; freeze tag" 350="Track and field; running events (steeplechase; hurdles) steeplechase; hurdles; sprints; relays" 351="Track and field jumping" 360="Fencing" 370="Juggling" 380="Bird watching" 390="Coaching sports team" 400="Target shooting skeet shooting; trap shooting" 410="Climbing stairs" 420="Rehab Exercises" 421="Exercise, unspecified" 430="Auto repair" 431="Bicycle repairs" 432="Boat or trailer maintenance" 433="Small engine repairs" 434="Fueling the car" 435="Wash car or boat" 440="Exterior work on house" 441="Lawn/pool repairs" 442="Household repairs" 443="Painting (not arts and [continued...]

Variable	Label	Description	Format Text
<p>[...continued]</p> <p>Activity</p>			<p>[...continued]</p> <p>crafts)"</p> <p>444="Interior remodeling"</p> <p>445="Interior decorating"</p> <p>446="Take down/put up decorations"</p> <p>450="Snow and ice removal"</p> <p>451="Sweep sidewalk; garage; or deck"</p> <p>452="Rake leaves or grass"</p> <p>453="Mow lawn"</p> <p>454="Use weed eater; blower; or edger"</p> <p>455="Pick up lawn (debris; toys; tools)"</p> <p>460="Assembling equipment"</p> <p>470="Carrying heavy items"</p> <p>471="Moving heavy household items"</p> <p>472="Carrying or moving heavy objects"</p> <p>480="Clean floors (vacuum; mop; sweep)"</p> <p>481="Cleaning (not floors)"</p> <p>482="Cleaning; repair; and maintenance"</p> <p>483="Pick-up or straighten up house"</p> <p>484="Laundry; put clothes away"</p> <p>485="Wash dishes or clear table"</p> <p>486="Making the bed"</p> <p>490="Food preparation and serving"</p> <p>491="Food preparation; serving; clean up (church or spiritual pursuits)"</p> <p>500="Canning or bottling food"</p> <p>501="Making wine or beer"</p> <p>510="Unload and put away groceries"</p> <p>511="Loading/unloading (non-groceries)"</p> <p>[continued...]</p>

Variable	Label	Description	Format Text
[...continued]			[...continued]
Activity			512="Packing or unpacking" 520="Farm Chores" 530="Pest control" 540="Starting or tending a fire, wood stove, or furnace" 550="Writing" 560="Multiple household chores" 570="Planting plants" 571="Reseeding the lawn" 572="Water lawn or garden" 573="Mulching" 574="Digging or shoveling" 575="Tilling soil" 576="Trimming or pruning plants" 577="Weeding garden or lawn" 578="Covering plants" 579="Pick vegetables; fruit; or flowers" 580="Gardening, task unspecified" 590="Stack or chop wood" 591="Trim and haul branches" 600="Arts and crafts; hobbies" 610="Dancing" 620="Playing games" 621="Crosswords and puzzles" 630="Watching TV; movies; DVDs" 640="Going to movies" 641="Cultural or sporting events" 642="Attending a fair/amusement park/museum" 650="Fishing or hunting" 651="Gathering shellfish" 660="Eating out" 661="Eating a meal or snack" 662="Combination of reading [continued...]

Variable	Label	Description	Format Text
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 428 180 455">Activity</p>			<p data-bbox="1138 373 1273 401">[...continued]</p> <p data-bbox="1138 405 1344 432">and eating/drinking"</p> <p data-bbox="1138 436 1463 485">670="Reading (books; papers; magazines)"</p> <p data-bbox="1138 489 1516 516">680="Listening to music, radio, etc."</p> <p data-bbox="1138 520 1373 548">690="Beach activities"</p> <p data-bbox="1138 552 1417 579">691="Tanning/sunbathing"</p> <p data-bbox="1138 583 1455 611">692="Relaxing in the Jacuzzi"</p> <p data-bbox="1138 615 1317 642">700="Ballooning"</p> <p data-bbox="1138 646 1365 674">701="Piloting aircraft"</p> <p data-bbox="1138 678 1433 705">710="Firearm maintenance"</p> <p data-bbox="1138 709 1341 737">720="Photography"</p> <p data-bbox="1138 741 1377 768">730="Using telescope"</p> <p data-bbox="1138 772 1308 800">740="Gambling"</p> <p data-bbox="1138 804 1295 831">750="Smoking"</p> <p data-bbox="1138 835 1243 863">760="Sex"</p> <p data-bbox="1138 867 1349 894">770="Sitting quietly"</p> <p data-bbox="1138 898 1446 926">771="Sitting: attend meeting"</p> <p data-bbox="1138 930 1516 978">772="Attending meetings (church or spiritual pursuits)"</p> <p data-bbox="1138 982 1398 1010">773="Sitting: other work"</p> <p data-bbox="1138 1014 1365 1041">780="Volunteer work"</p> <p data-bbox="1138 1045 1382 1073">781="Firefighting work"</p> <p data-bbox="1138 1077 1406 1104">790="Hard manual labor"</p> <p data-bbox="1138 1108 1455 1136">800="Dressing or undressing"</p> <p data-bbox="1138 1140 1446 1167">801="Going to the bathroom"</p> <p data-bbox="1138 1171 1430 1199">802="Showering or bathing"</p> <p data-bbox="1138 1203 1406 1230">803="Grooming activities"</p> <p data-bbox="1138 1234 1479 1262">804="Sorting/taking medication"</p> <p data-bbox="1138 1266 1471 1293">805="Caring for personal injury"</p> <p data-bbox="1138 1297 1365 1325">810="Food shopping"</p> <p data-bbox="1138 1329 1516 1356">811="Other shopping (not for food)"</p> <p data-bbox="1138 1360 1276 1388">812="Library"</p> <p data-bbox="1138 1392 1390 1419">813="Personal services"</p> <p data-bbox="1138 1423 1511 1451">814="Banking or financial services"</p> <p data-bbox="1138 1455 1382 1482">815="Medical or dental appointments"</p> <p data-bbox="1138 1486 1276 1514">[continued...]</p>

Variable	Label	Description	Format Text
[...continued] Activity			[...continued] 820="Voting" 830="Sleeping; or in bed" 831="Taking a Nap" 840="Driving or riding in car or truck" 841="Sitting: driving or riding in a vehicle" 842="Driving and sitting" 843="Motorcycle or motor scooter" 844="Public transportation (bus; train)" 850="Waiting for transportation; or ride" 851="Waiting (in line or for others)" 860="Educational pursuits" 990="Cannot Remember" 991="Private" 992="Text indicated no or unclear activities"
Activity_classification	Activity Classification	Activity Classification An activity classification code created by concatenating numerical representations of category, activity, posture, and activity details. First two digits represent the category. Third to fifth digits represent the activity. Sixth digit represents posture. Last two digits represent activity details.	Char, #####

Variable	Label	Description	Format Text
activity_details	Activity Details	Additional details regarding the activity	.N="Not applicable" 0="None specified" 1="Aerobic dance" 2="Low impact aerobics" 3="Step aerobics" 4="Water aerobics" 5="Competitive game" 6="Playing catch" 7="Practice" 8="Elliptical machine" 9="Other machine" 10="Rowing machine" 11="Ski machine" 12="Playing, not using golf cart" 13="Playing, using golf cart" 14="Doubles" 15="Singles" 16="Swimming a distance in open water" 17="Swimming a distance, swimming laps in a pool" 18="Swimming for recreation" 19="Calisthenics" 20="Calisthenics and lifting weights" 21="Lifting weights" 22="Used broom" 23="Used shovel" 24="Used broom and shovel" 25="Used other tool" 26="Used push snow blower" 27="Used push snow blower and shovel" 28="Used push snow blower, shovel, and broom" 29="Used riding snow blower" 30="Used riding mower" 31="Used push mower" 32="Fast paced dancing" 33="Slow paced dancing" 34="Fast and slow paced dancing" [continued...]

Variable	Label	Description	Format Text
[...continued] activity_details			[...continued] 35="Fishing" 36="Hunting"
Activity_End_Time	Time Activity Ended	Time recorded for when the activity ended. Time is reported by the participant. The date is the RecallDate.	Numeric .M="Missing"
activity_posture	Activity Posture		0="Not specified" 1="Sitting" 2="Standing" 3="Sitting and standing"
Activity_Start_Time	Time Activity Started	Time recorded for the activity started. Time is reported by the participant. The date is the RecallDate. ACT24 Attempt within recall assignment	Numeric .M="Missing"
ActivityLevel	Activity Intensity	Activity intensity categories for Active behaviors. this value is based on METS (light <3.0. moderate 3.0-5.9. vigorous >=6.0)	.M="Missing" 1="Vigorous" 2="Moderate" 3="Light; Moderate" 4="Light"
ActivitySeqnum1-7	Sequence number of this activity within this recall		Numeric .M="Missing"
BehaviorClassification	Behavior Classification	Classifying this selected behavior as: Sleeping, Sedentary, or Active - final value based on Activity and QA attributes	.M="Missing" 1="Active" 2="Mixed" 3="Sleeping" 4="Sedentary"

Variable	Label	Description	Format Text
Category	Category		.N="Not applicable" 11="Caring for or playing with others" 12="Church or spiritual pursuits" 13="Communicating with others" 14="Exercise; sports; active recreation" 15="Home and auto maintenance or repair" 16="Household chores" 17="Lawn and garden" 18="Leisure; relaxation; social activities" 19="Occupation; working for pay" 20="Personal care" 21="Shopping; errands; and appointments" 22="Sleeping or Napping" 23="Transportation; commuting; or travel" 24="Education" 97="Search" 98="Miscellaneous activities" 99="GAP"
CategorySeqnum	Sequence number of major category selected within this recall		Numeric .M="Missing"
Duration	Duration in minutes for activity selected		Numeric .M="Missing"
met	Activity MET		Numeric .M="Missing"
TimePeriodEnd	Time Period Activity Ended	Time Period when activity ended. If activity reported starts and ends in a single period this value will be identical to TimePeriodStart	.M="Missing" 1="Midnight to 6am" 2="6am to 12 noon" 3="12 noon to 6pm" 4="6pm to midnight"
TimePeriodMain	Time Period Of Activity With Longest Duration	Reflects the Time Period within which the activity duration was the longest. If a tie occurs, the earliest Time Period is taken	.M="Missing" 1="Midnight to 6am" 2="6am to 12 noon" 3="12 noon to 6pm" 4="6pm to midnight"
TimePeriodStart	Time Period when activity started		.M="Missing" 1="Midnight to 6am" 2="6am to 12 noon" 3="12 noon to 6pm" 4="6pm to midnight"

Variable	Label	Description	Format Text
orig_category	Original Category	Original Category A small percentage of activity categories were changed. This variable is assigned to the original category for activities that has a new category	.N="Not applicable" 11="Caring for or playing with others" 12="Church or spiritual pursuits" 13="Communicating with others" 14="Exercise; sports; active recreation" 15="Home and auto maintenance or repair" 16="Household chores" 17="Lawn and garden" 18="Leisure; relaxation; social activities" 19="Occupation; working for pay" 20="Personal care" 21="Shopping; errands; and appointments" 22="Sleeping or Napping" 23="Transportation; commuting; or travel" 24="Education" 97="Search" 98="Miscellaneous activities" 99="GAP"
orig_met	Original Activity MET		Numeric .M="Missing"

Section 3: Activity Characteristics - MET Related

Variable	Label	Description	Format Text
EX_Aerobics	What type of aerobics did you do?		.M="Missing" 1="Low impact" 2="Aerobic dance" 3="Step aerobics" 4="Water aerobics"
EX_BallGame	What kind of ball game did you play?		.M="Missing" 1="Basketball" 2="Football" 3="Softball" 4="Baseball" 5="Soccer" 6="Other ball game"
EX_Golf	What kind of golf did you play?		.M="Missing" 1="Mini Golf" 2="Practice Putting" 3="Practice Hitting" 4="9 Holes" 5="18 Holes" 6="More than 18 Holes"
EX_GolfCart	Did you use a golf cart?		.M="Missing" 0="No" 1="Yes"
EX_LiftWeight	Did you lift weights?		.M="Missing" 0="No" 1="Yes"
EX_PurpGame	Was this practice, playing catch or a competitive game?		.M="Missing" 1="Practice" 2="Play Catch" 3="Competitive Game"
EX_Racquet	What kind of racquet sport did you play?		.M="Missing" 1="Singles Tennis" 2="Doubles Tennis" 3="Raquetball" 4="Squash"
EX_SwimType	Did you swim a distance or swim for recreation only?		.M="Missing" 1="Distance" 2="Recreation"
EX_SwimType2	Did you swim in open water or did you swim laps in a pool?		.M="Missing" 1="Open water" 2="Laps Pool"
LEIS_Dancing	What was the tempo of your dancing?		.M="Missing" 1="Slow Paced" 2="Fast Paced" 3="Slow and Fast Paced"

Variable	Label	Description	Format Text
LEIS_FishHunt	Were you fishing or hunting?		.M="Missing" 1="Fishing" 2="Hunting"
LG_Mower	Did you use a riding mower or a push mower?		.M="Missing" 1="Riding Mower" 2="Pushing Mower"
LG_SnowRem1-3	What equipment did you use?		.M="Missing" 1="Riding Snow Blower" 2="Pushing Snow Blower" 3="Shovel" 4="Broom"
Met_Act1	MET value associated with active behavior selected		Numeric .M="Missing"
Met_Act2	MET value associated with active behavior selected		Numeric .M="Missing"
Met_Sed	MET value associated with sedentary behavior selected		Numeric .M="Missing"
Met_Sleep	MET value associated with Sleeping or in bed activity		Numeric .M="Missing"
orig_met_Act1	Original MET value associated with active behavior selected		Numeric .M="Missing"
orig_met_Act2	Original MET value associated with active behavior selected		Numeric .M="Missing"
orig_met_Sed	Original MET value associated with sedentary behavior selected		Numeric .M="Missing"
orig_met_Sleep	Original MET value associated with Sleeping or in bed activity		Numeric .M="Missing"
Percent_Act1	Percent of this activity was done while active (1st Active Component)	Component MET value percentage assigned to corresponding activity for first active behavior	Numeric .M="Missing"
Percent_Act2	Percent of this activity was done while active (2nd Active Component)	Component MET value percentage assigned to corresponding activity for second active behavior	Numeric .M="Missing"
Percent_Sed	Percent of this activity was done while sitting or lying down?	Component MET value percentage assigned to corresponding activity for sedentary behavior	Numeric .M="Missing"
GEN_Intensity	Activity intensity entered by respondent when reporting		.M="Missing" 1="Chop Wood" 2="Vacuuming" 3="Brush Teeth or Wash Dish" 4="Eating or reading while sitting" 5="Private" 6="Cannot Remember"

Section 4: Activity Characteristics - non MET Related

Variable	Label	Description	Format Text
EX_BikeDist	How far did you bicycle?		Numeric .M="Missing"
EX_BikeDist_Unit	Unit for how far did you bicycle		.M="Missing" 1="Miles" 2="Kilometers"
EX_CaliAlso	Did you also do any callisthenic exercises such as sit-ups, squats, lunges, jumping jacks, or pull-up?		.M="Missing" 0="No" 1="Yes"
EX_CaliCalfRaise	Did Calf Raise		.M="Missing" 0="No" 1="Yes"
EX_CaliCrunches	Did Crunches		.M="Missing" 0="No" 1="Yes"
EX_CaliDips	Did Dips		.M="Missing" 0="No" 1="Yes"
EX_CaliJumpingJacks	Did Jumping Jacks		.M="Missing" 0="No" 1="Yes"
EX_CaliLunges	Did Lunges		.M="Missing" 0="No" 1="Yes"
EX_CaliOtherStrength	Did Other Strengthening Exercises		.M="Missing" 0="No" 1="Yes"
EX_CaliPullups	Did Pull Ups		.M="Missing" 0="No" 1="Yes"
EX_CaliPushups	Did Push Ups		.M="Missing" 0="No" 1="Yes"
EX_CaliSitups	Did Sit Ups		.M="Missing" 0="No" 1="Yes"
EX_CaliSquats	Did Squats		.M="Missing" 0="No" 1="Yes"

Variable	Label	Description	Format Text
EX_CardioEquip	What kind of cardio equipment did you use?		.M="Missing" 1="Elliptical" 2="Rowing Machine" 3="Ski Machine" 4="Other Machine"
EX_MuscGroupArms	Did Arm Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupBack	Did Back Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupCalf	Did Calf Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupChest	Did Chest Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupGlutes	Did Glutes Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupNeck	Did Neck Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupShoulders	Did Shoulders Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupStomach Abs	Did Abs Exercise		.M="Missing" 0="No" 1="Yes"
EX_MuscGroupUpperLeg	Did Upper Leg Exercise		.M="Missing" 0="No" 1="Yes"
EX_PullUpsAssist	Were the pull-ups done with assistance from a gym machine?		.M="Missing" 0="No" 1="Yes"
EX_PullUpsAssistWeight	How much weight in pounds was offset using the gym machine?		Numeric .M="Missing"
EX_RPE	Perception of the exertion required.		Numeric .M="Missing"
EX_RunDist	How far did you run?		Numeric .M="Missing"
EX_RunDist_Unit	Unit for how far did you run		.M="Missing" 1="Miles" 2="Kilometers"
EX_SwimDist	How far did you swim?		Numeric .M="Missing"
EX_SwimDist_Unit	Unit for how far did you swim		.M="Missing" 1="Miles" 2="Kilometers"

Variable	Label	Description	Format Text
EX_SwimLaps	How many laps did you swim?		Numeric .M="Missing"
EX_SwimPoolLength	What was the length of the pool?		.M="Missing" 1="25 Meters" 2="25 Yards" 3="50 Meters" 4="Other" 5="Don't know"
EX_TypeWeight	Which of the following did you do predominantly?		.M="Missing" 1="Weight Machine" 2="Free Weights" 3="Both"
EX_WalkDist	How far did you walk?		Numeric .M="Missing"
EX_WalkDist_Unit	Unit for how far did you walk		.M="Missing" 1="Miles" 2="Kilometers"
EX_WhereAtWork	Exercised At Work		.M="Missing" 0="No" 1="Yes"
EX_WhereGymFitnessCenter	Exercised At Gym or Fitness Center		.M="Missing" 0="No" 1="Yes"
EX_WhereHome	Exercised At Home		.M="Missing" 0="No" 1="Yes"
EX_WhereMallShoppingCenter	Exercised At Mall or Shopping Center		.M="Missing" 0="No" 1="Yes"
EX_WhereNeighborhood	Exercised In Neighborhood		.M="Missing" 0="No" 1="Yes"
EX_WhereOther	Exercised At Other Place		.M="Missing" 0="No" 1="Yes"
EX_WhereParkTrail	Exercised At Park Trail		.M="Missing" 0="No" 1="Yes"
EX_WhereSportsFieldCourt	Exercised At Sports Field Court		.M="Missing" 0="No" 1="Yes"
EX_WithAcquaintance	Exercised With Acquaintance		.M="Missing" 0="No" 1="Yes"
EX_WithAlone	Exercised Alone		.M="Missing" 0="No" 1="Yes"
EX_WithCoworkers	Exercised With Coworkers		.M="Missing" 0="No" 1="Yes"

Variable	Label	Description	Format Text
EX_WithFriends	Exercised With Friends		.M="Missing" 0="No" 1="Yes"
EX_WithNeighbors	Exercised With Neighbors		.M="Missing" 0="No" 1="Yes"
EX_WithOther	Exercised With Other		.M="Missing" 0="No" 1="Yes"
EX_WithOtherFamily	Exercised With Family Member		.M="Missing" 0="No" 1="Yes"
EX_WithSpousePartner	Exercised With Spouse		.M="Missing" 0="No" 1="Yes"
EX_WithYourChildren	Exercised With Children		.M="Missing" 0="No" 1="Yes"
OCC_Vehicle	Riding or Driving		.M="Missing" 1="Riding" 2="Driving Car" 3="Driving Bus"
TRANS_CommuteSchool	Travel Purpose: Commuted To School		.M="Missing" 0="No" 1="Yes"
TRANS_CommuteWork	Travel Purpose: Commuted To Work		.M="Missing" 0="No" 1="Yes"
TRANS_EatSocialize	Travel Purpose: To Eat And Socialize		.M="Missing" 0="No" 1="Yes"
TRANS_Other	Travel Purpose: Other		.M="Missing" 0="No" 1="Yes"
TRANS_ShopErrandAppointment	Travel Purpose: Shop Errand And Appointment		.M="Missing" 0="No" 1="Yes"
TRANS_ToCarBikePublicTrans	Travel Purpose: To Use Public Transportation		.M="Missing" 0="No" 1="Yes"
TRANS_ToGoHome	Travel Purpose: To Go Home		.M="Missing" 0="No" 1="Yes"
TRANS_VisitFriendsFamily	Travel Purpose: To Visit Friends or Family		.M="Missing" 0="No" 1="Yes"