

# IDATA ACT24 Activity Incomplete: Data Dictionary

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## Document Summary

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IDATA ACT24 Activity Incomplete: Data Dictionary  
06/09/2016  
Dataset: act24\_activity\_incomplete

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## IDATA ACT24 Activity Incomplete: Data Dictionary

### Section 1: Identifiers

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Variable	Label	Description	Format Text
<b>Attempt</b>	ACT24 Attempt within recall assignment		Numeric .M="Missing"
<b>Build</b>	Build		SAS Date
<b>iid</b>	IDATA ID		Char
<b>RecallDate</b>	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"
<b>RecallNo</b>	Sequence number of recall in database per user		Numeric .M="Missing"
<b>Task</b>	ACT24 Task Number		Numeric .M="Missing"

## Section 2: Activity Information

Variable	Label	Description	Format Text
<b>Activity</b>	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
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 428 180 455"><b>Activity</b></p>			<p data-bbox="1138 373 1273 401">[...continued]</p> <p data-bbox="1138 428 1533 1472"> 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" </p> <p data-bbox="1138 1499 1273 1526">[continued...]</p>

Variable	Label	Description	Format Text
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 430 180 457"><b>Activity</b></p>			<p data-bbox="1138 373 1273 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 1273 1554">[continued...]</p>

Variable	Label	Description	Format Text
<p data-bbox="94 373 245 401">[...continued]</p> <p data-bbox="94 430 180 457"><b>Activity</b></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 1516 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 1468 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
<b>[...continued]</b>			<b>[...continued]</b>
<b>Activity</b>			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><b>[...continued]</b></p> <p><b>Activity</b></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
<b>[...continued]</b>			[...continued]
<b>Activity</b>			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="94 373 243 401">[...continued]</p> <p data-bbox="94 428 180 455"><b>Activity</b></p>			<p data-bbox="1136 373 1274 401">[...continued]</p> <p data-bbox="1136 405 1344 432">and eating/drinking"</p> <p data-bbox="1136 436 1461 485">670="Reading (books; papers; magazines)"</p> <p data-bbox="1136 489 1518 516">680="Listening to music, radio, etc."</p> <p data-bbox="1136 520 1372 548">690="Beach activities"</p> <p data-bbox="1136 552 1421 579">691="Tanning/sunbathing"</p> <p data-bbox="1136 583 1453 611">692="Relaxing in the Jacuzzi"</p> <p data-bbox="1136 615 1323 642">700="Ballooning"</p> <p data-bbox="1136 646 1364 674">701="Piloting aircraft"</p> <p data-bbox="1136 678 1437 705">710="Firearm maintenance"</p> <p data-bbox="1136 709 1339 737">720="Photography"</p> <p data-bbox="1136 741 1372 768">730="Using telescope"</p> <p data-bbox="1136 772 1307 800">740="Gambling"</p> <p data-bbox="1136 804 1291 831">750="Smoking"</p> <p data-bbox="1136 835 1242 863">760="Sex"</p> <p data-bbox="1136 867 1347 894">770="Sitting quietly"</p> <p data-bbox="1136 898 1445 926">771="Sitting: attend meeting"</p> <p data-bbox="1136 930 1518 978">772="Attending meetings (church or spiritual pursuits)"</p> <p data-bbox="1136 982 1396 1010">773="Sitting: other work"</p> <p data-bbox="1136 1014 1364 1041">780="Volunteer work"</p> <p data-bbox="1136 1045 1380 1073">781="Firefighting work"</p> <p data-bbox="1136 1077 1404 1104">790="Hard manual labor"</p> <p data-bbox="1136 1108 1453 1136">800="Dressing or undressing"</p> <p data-bbox="1136 1140 1445 1167">801="Going to the bathroom"</p> <p data-bbox="1136 1171 1429 1199">802="Showering or bathing"</p> <p data-bbox="1136 1203 1404 1230">803="Grooming activities"</p> <p data-bbox="1136 1234 1477 1262">804="Sorting/taking medication"</p> <p data-bbox="1136 1266 1469 1293">805="Caring for personal injury"</p> <p data-bbox="1136 1297 1364 1325">810="Food shopping"</p> <p data-bbox="1136 1329 1510 1356">811="Other shopping (not for food)"</p> <p data-bbox="1136 1360 1274 1388">812="Library"</p> <p data-bbox="1136 1392 1396 1419">813="Personal services"</p> <p data-bbox="1136 1423 1510 1451">814="Banking or financial services"</p> <p data-bbox="1136 1455 1380 1482">815="Medical or dental appointments"</p> <p data-bbox="1136 1497 1274 1524">[continued...]</p>

Variable	Label	Description	Format Text
<b>[...continued]</b> <b>Activity</b>			[...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"
<b>Activity_classification</b>	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
<b>activity_details</b>	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
<b>[...continued]</b> <b>activity_details</b>			[...continued] 35="Fishing" 36="Hunting"
<b>Activity_End_Time</b>	Time Activity Ended	Time recorded for when the activity ended. Time is reported by the participant. The date is the RecallDate.	Numeric .M="Missing"
<b>activity_posture</b>	Activity Posture		0="Not specified" 1="Sitting" 2="Standing" 3="Sitting and standing"
<b>Activity_Start_Time</b>	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"
<b>ActivityLevel</b>	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"
<b>ActivitySeqnum1-7</b>	Sequence number of this activity within this recall		Numeric .M="Missing"
<b>BehaviorClassification</b>	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
<b>Category</b>	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"
<b>CategorySeqnum</b>	Sequence number of major category selected within this recall		Numeric .M="Missing"
<b>Duration</b>	Duration in minutes for activity selected		Numeric .M="Missing"
<b>met</b>	Activity MET		Numeric .M="Missing"
<b>TimePeriodEnd</b>	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"
<b>TimePeriodMain</b>	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"
<b>TimePeriodStart</b>	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
<b>orig_category</b>	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"
<b>orig_met</b>	Original Activity MET		Numeric .M="Missing"



## Section 3: Activity Characteristics - MET Related

Variable	Label	Description	Format Text
<b>EX_Aerobics</b>	What type of aerobics did you do?		.M="Missing" 1="Low impact" 2="Aerobic dance" 3="Step aerobics" 4="Water aerobics"
<b>EX_BallGame</b>	What kind of ball game did you play?		.M="Missing" 1="Basketball" 2="Football" 3="Softball" 4="Baseball" 5="Soccer" 6="Other ball game"
<b>EX_Golf</b>	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"
<b>EX_GolfCart</b>	Did you use a golf cart?		.M="Missing" 0="No" 1="Yes"
<b>EX_LiftWeight</b>	Did you lift weights?		.M="Missing" 0="No" 1="Yes"
<b>EX_PurpGame</b>	Was this practice, playing catch or a competitive game?		.M="Missing" 1="Practice" 2="Play Catch" 3="Competitive Game"
<b>EX_Racquet</b>	What kind of racquet sport did you play?		.M="Missing" 1="Singles Tennis" 2="Doubles Tennis" 3="Raquetball" 4="Squash"
<b>EX_SwimType</b>	Did you swim a distance or swim for recreation only?		.M="Missing" 1="Distance" 2="Recreation"
<b>EX_SwimType2</b>	Did you swim in open water or did you swim laps in a pool?		.M="Missing" 1="Open water" 2="Laps Pool"
<b>LEIS_Dancing</b>	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
<b>LEIS_FishHunt</b>	Were you fishing or hunting?		.M="Missing" 1="Fishing" 2="Hunting"
<b>LG_Mower</b>	Did you use a riding mower or a push mower?		.M="Missing" 1="Riding Mower" 2="Pushing Mower"
<b>LG_SnowRem1-3</b>	What equipment did you use?		.M="Missing" 1="Riding Snow Blower" 2="Pushing Snow Blower" 3="Shovel" 4="Broom"
<b>Met_Act1</b>	MET value associated with active behavior selected		Numeric .M="Missing"
<b>Met_Act2</b>	MET value associated with active behavior selected		Numeric .M="Missing"
<b>Met_Sed</b>	MET value associated with sedentary behavior selected		Numeric .M="Missing"
<b>Met_Sleep</b>	MET value associated with Sleeping or in bed activity		Numeric .M="Missing"
<b>orig_met_Act1</b>	Original MET value associated with active behavior selected		Numeric .M="Missing"
<b>orig_met_Act2</b>	Original MET value associated with active behavior selected		Numeric .M="Missing"
<b>orig_met_Sed</b>	Original MET value associated with sedentary behavior selected		Numeric .M="Missing"
<b>orig_met_Sleep</b>	Original MET value associated with Sleeping or in bed activity		Numeric .M="Missing"
<b>Percent_Act1</b>	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"
<b>Percent_Act2</b>	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"
<b>Percent_Sed</b>	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"
<b>GEN_Intensity</b>	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
<b>EX_BikeDist</b>	How far did you bicycle?		Numeric .M="Missing"
<b>EX_BikeDist_Unit</b>	Unit for how far did you bicycle		.M="Missing" 1="Miles" 2="Kilometers"
<b>EX_CaliAlso</b>	Did you also do any callisthenic exercises such as sit-ups, squats, lunges, jumping jacks, or pull-up?		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliCalfRaise</b>	Did Calf Raise		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliCrunches</b>	Did Crunches		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliDips</b>	Did Dips		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliJumpingJacks</b>	Did Jumping Jacks		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliLunges</b>	Did Lunges		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliOtherStrength</b>	Did Other Strengthening Exercises		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliPullups</b>	Did Pull Ups		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliPushups</b>	Did Push Ups		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliSitups</b>	Did Sit Ups		.M="Missing" 0="No" 1="Yes"
<b>EX_CaliSquats</b>	Did Squats		.M="Missing" 0="No" 1="Yes"

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

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

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