

INSTRUCTIONS:

Below you will find a series of activities that you may have been involved in during the past year. Please indicate how often you have done each of these things during the past 12 months by placing an "X" over the circle that represents your answer.

	Not at all in the past year	1 – 5 Times this past year	Once a month or every two months	Once every two or three weeks	Once a week	More than once a week
	1	2	3	4	5	6
1. <i>Visited with friends at your / their home.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. <i>Visited with relatives at your / their home.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. <i>Attended a meeting at work.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. <i>Attended a meeting of other organization(s) (i.e. outside of work).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. <i>Went to services at church, synagogue, temple, etc.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. <i>Went to classes or lectures.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. <i>Participated in a competitive sport (football, baseball, hockey, tennis, etc.)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. <i>Participated in other physical exercise or activity with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. <i>Went to sporting event(s) as a spectator with others.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. <i>Went to a restaurant / bar / coffee shop for a meal, drink, dessert, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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11. <i>Went on a ride, or to picnics, parties, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. <i>Went to the movies, concerts, plays, performances, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. <i>Participated in concerts, plays, performances, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. <i>Went to fairs, museums, exhibits, craft shows, etc with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. <i>Performed family or personal errands away from home, such as grocery shopping, going to the doctor, taking the kids somewhere, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. <i>Listened to music or watched television, videotapes or DVDs, etc. with other(s).</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>