

PIN3 Physical Activity Diary Card

Patid _____ Labid _____

Write in Date: ___/___/___ ___/___/___ ___/___/___ ___/___/___ ___/___/___ ___/___/___ ___/___/___

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| <u>Outdoor Activity</u> | ____ hrs ____ mins |
| Gardening | FL SH H |
| Mowing | ____ hrs ____ mins |
| | FL SH H |
| Raking | ____ hrs ____ mins |
| | FL SH H |
| <u>Indoor Activity</u> | ____ hrs ____ mins |
| Scrubbing floors | FL SH H |
| Mopping | ____ hrs ____ mins |
| | FL SH H |
| Sweeping with a broom | ____ hrs ____ mins |
| | FL SH H |
| Laundry | ____ hrs ____ mins |
| | FL SH H |
| Vacuuuming | ____ hrs ____ mins |
| | FL SH H |
| <u>Working activity</u> | ____ hrs ____ mins |
| Walking at work | FL SH H |
| Lifting at work | ____ hrs ____ mins |
| | FL SH H |
| Carrying objects at work | ____ hrs ____ mins |
| | FL SH H |
| <u>Transportation</u> | ____ hrs ____ mins |
| Walking to and from for transportation | FL SH H |
| Cycling to and from for transportation | ____ hrs ____ mins |
| | FL SH H |

FL - Fairly Light SH - Somewhat Hard H - Hard or Very Hard (over for more activity choices)

Instructions

1. Begin recording your physical activity on this card the day after you receive the activity monitor.
*Example: You received the monitor at the clinic on Monday you start wearing it then. On Tuesday morning you put the monitor on when getting dressed, and this becomes your first day of recording your activities for the diary card. So, Tuesday evening you would begin to fill out the diary card about your activities and **Tuesday as Day 1 on the diary card.***
2. Please **fill out the diary card at the end of every day** and do not wait until the end of the week to record all activities.
3. For each activity you perform, please write in the estimated number of hours or minutes you did the activity that day.
4. For each activity circle the appropriate difficulty level of the activity:

| | |
|------------------------------|--|
| FL - Fairly Light | = at least some increase in breathing and heart rate |
| SH - Somewhat Hard | = moderate increase in breathing and heart rate |
| H - Hard or Very Hard | = large increase in breathing and heart rate |
5. If you did not perform an activity, then please leave that block blank.
6. If you performed an activity that is not listed, then add it to the “other activities” section on the bottom of the backside of the diary card.
7. Only record activities that caused at least **some increase in breathing or heart rate.**
8. **Return this card with the monitor in the envelope provided to you the day after you stop wearing the monitor.**
9. **Fill out the time and date you stop wearing the monitor in the space provided at the bottom of diary card.**
10. **If you forget to wear the monitor, put it on as soon as possible!**

Table: Assignment of compendium codes and metabolic equivalent (MET) values to the activities on the PIN3 Physical Activity Diary Card

| Activities From the Diary Card | Code* | MET Value |
|---|-------|-----------|
| OUTDOOR ACTIVITY | | |
| Gardening | 08245 | 4.0 |
| Mowing | 08095 | 5.5 |
| Raking | 08160 | 4.3 |
| INDOOR ACTIVITY | | |
| Scrubbing floors | 05131 | 3.8 |
| Mopping | 05021 | 3.5 |
| Sweeping with a broom | 05010 | 3.3 |
| Laundry | 05090 | 1.5 |
| Vacuuming | 05043 | 3.5 |
| WORK | | |
| Walking at work | 11794 | 3.3 |
| Lifting at work | 11631 | 4.0 |
| Carrying objects at work | 11051 | 4.0 |
| TRANSPORTATION | | |
| Walking to and from for transportation | 17270 | 4.0 |
| Cycling to and from for transportation | 01010 | 4.0 |
| RECREATIONAL ACTIVITIES | | |
| Walking for exercise | 17153 | 3.7 |
| Swimming | 18225 | 7.0 |
| Jogging | 12020 | 7.0 |
| Bicycling | 01015 | 8.0 |
| Circuit training/ weight lifting/conditioning | 02130 | 3.0 |
| CHILD ADULT CARE | | |
| Playing with children | 05172 | 3.4 |
| Pushing stroller/wheelchair | 17100 | 2.5 |
| Carrying/lifting child or adult | 05181 | 3.0 |
| Climbing stairs | 17130 | 8.0 |
| Other Activities* | | |

*Other activities were assigned codes and corresponding MET values according to the compendium (Ainsworth et al 2000). The final compendium of activities used for scoring is available at http://www.cpc.unc.edu/projects/pin/design_pin3/docs_3/PIN-MET-Table-080207.pdf.