## Physical Activity Vital Signs (PAVS)

1. How many days during the past week have you performed physical activity where your heart beats faster and your breathing is harder than normal for 30 minutes or more?
2. How many days in a typical week do you perform activity such as this?

The responses are reported in a format similar to blood pressure (ie, days during past week over days in typical week). The responses yield a PAVS score ranging from a minimum of 0/0 to a maximum of $7 / 7$.

## International Physical Activity Questionnaire (IPAQ) Short Form

https://sites.google.com/site/theipaq/questionnaire links

