## **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