






Overall health






During the past 2 weeks...
How would you rate your health in general?

Excellent		1
Very good		2
Good		3
Fair		4
Poor		5

Daily activities

During the past 2 weeks...






How much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

<p>No difficulty at all</p>	 <p>1</p>
<p>A little bit of difficulty</p>	 <p>2</p>
<p>Some difficulty</p>	 <p>3</p>
<p>Much difficulty</p>	 <p>4</p>
<p>Could not do</p>	 <p>5</p>

Physical fitness

During the past 2 weeks...






What was the hardest physical activity you could do for at least 2 minutes?

<p>Very heavy, (for example) run, at a fast pace</p>	 <p style="text-align: right;">1</p>
<p>Heavy, (for example) jog, at a slow pace</p>	 <p style="text-align: right;">2</p>
<p>Moderate, (for example) walk, at a fast pace</p>	 <p style="text-align: right;">3</p>
<p>Light, (for example) walk, at a medium pace</p>	 <p style="text-align: right;">4</p>
<p>Very light, (for example) walk, at a slow pace or not able to walk</p>	 <p style="text-align: right;">5</p>

Feelings

During the past 2 weeks...

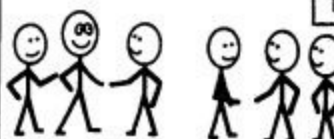
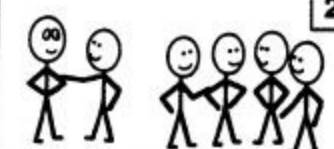



How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and sad?

Not at all	 1
Slightly	 2
Moderately	 3
Quite a bit	 4
Extremely	 5

Social activities






During the past 2 weeks...

Has your physical an emotional health limited your social activities with family, friends, neighbours or groups?

<p>Not at all</p>	 <p>1</p>
<p>Slightly</p>	 <p>2</p>
<p>Moderately</p>	 <p>3</p>
<p>Quite a bit</p>	 <p>4</p>
<p>Extremely</p>	 <p>5</p>

Change in health

How would you rate your overall health now compared to 2 weeks ago?

<p>Much better</p>	<p> 1</p>
<p>A little better</p>	<p> 2</p>
<p>About the same</p>	<p> 3</p>
<p>A little worse</p>	<p> 4</p>
<p>Much worse</p>	<p> 5</p>