PARENT/GUARDIAN STUDY ID

____________________

DAUGHTER STUDY ID

____________________

TODAY’S DATE

_____/_____/_____
MONTH DAY YEAR

The LEGACY Girls Study

Follow-up #1 (at 6 months)

Parent/Guardian Questionnaire

For daughters 6-9 years

Recent Physical Activity

Self-administered
Thank you again for continuing your participation in the Legacy Girls Study. The first set of questions is about your PARTICIPATING DAUGHTER’s age and grade in school. Then, we will ask about her recent physical activity.

If there are certain questions that you don’t want to answer, you don’t have to and we will go to the next question. If you are not sure about the answer, just give your best estimate.

### SECTION A. CURRENT GRADE AND PE CLASSES

A1. What date was your daughter born?

   ____/____/____

   MONTH  DAY  YEAR

A2. How old is she now? _____ years

A3. In what grade is she now? _____ grade

A4. If she is not in school now, what grade will she enter next fall? _____ grade

A5. In a typical school week, how many minutes per week does your daughter have physical education or PE or gym class as part of the regular school activities?

   _______ MINUTES   ☐ DON’T KNOW   ☐ NO ANSWER
SECTION B. TRANSPORTATION BETWEEN HOME AND SCHOOL

The next questions are about your daughter’s physical activities outside of school.

B1. How does your daughter usually travel from home to school? Usually means 3 or more days a week.

- [ ] Walk (including walking to the bus or subway station) → GO TO B1a
- [ ] Bicycle → GO TO B1a
- [ ] Skateboard, scooter, or rollerblade → GO TO B1a

B1a. How long does it usually take your daughter to go from home to school?

[ ] _______ MINUTES [ ] DON’T KNOW [ ] NO ANSWER

- [ ] Bus, train, car, taxi, subway → GO TO B2
- [ ] No usual pattern → GO TO B2
- [ ] Other (SPECIFY) __________________________ → GO TO B2
- [ ] DON’T KNOW → GO TO B2
- [ ] NO ANSWER → GO TO B2

B2. How does your daughter usually travel from school to home? Usually means 3 or more days a week.

- [ ] Walk (including walking to the bus or subway station) → GO TO B2a
- [ ] Bicycle → GO TO B2a
- [ ] Skateboard, scooter, or rollerblade → GO TO B2a

B2a. How long does it usually take your daughter to go from school to home?

[ ] _______ MINUTES [ ] DON’T KNOW [ ] NO ANSWER

- [ ] Bus, train, car, taxi, subway → GO TO C1
- [ ] No usual pattern → GO TO C1
- [ ] Other (SPECIFY) __________________________ → GO TO C1
- [ ] DON’T KNOW → GO TO C1
- [ ] NO ANSWER → GO TO C1
SECTION C. PHYSICAL ACTIVITY IN THE PAST YEAR

The next questions are about physical activity your daughter did in the past year outside of regular school hours. Think only about team sports, classes or lessons she did at least once a week for at least one month.

C1. In the past year, outside of regular school hours, did your daughter participate in any sports teams with practices or games, classes like dance, or lessons like martial arts?

☐ NO  ➔ PLEASE GO TO QUESTION D1

☐ YES ➔ GO TO C1a

C1a. In the past year, did your daughter participate at least once a week for at least one month in any of the following teams sports, classes or lessons:

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>C1b. Did your daughter do this activity in the past year (please check 1 box)</th>
<th>C1c. For how many months in the past year did she participate in this activity?</th>
<th>C1d. On average, how many hours and minutes per week did she participate in this activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball or softball team</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Basketball team</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Bicycling team</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Cheerleading squad</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Dance or ballet classes</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Fitness exercise class</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>Floor exercises, such as push-ups, sit-ups, and jumping jacks</td>
<td>No ☐</td>
<td>____ Months per year</td>
<td>____ Hours and ____Minutes per week</td>
</tr>
<tr>
<td>ACTIVITIES</td>
<td>C1b. Did your daughter do this activity in the past year <em>(please check 1 box)</em></td>
<td>C1c. For how many months in the past year did she participate in this activity?</td>
<td>C1d. On average, how many hours and minutes per week did she participate in this activity?</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Gymnastics class</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Martial arts class</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Running or track team</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Soccer or field hockey team</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Ice skating class, not</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>including hockey</td>
<td>Yes → □</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice Hockey team</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Swimming laps or swim team</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Tennis or other racquet</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>sport class/team</td>
<td>Yes → □</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball team</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Yoga class</td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Other <em>(please specify)</em></td>
<td>No □</td>
<td>____ Months per year</td>
<td>____ Hours and ____ Minutes per week</td>
</tr>
<tr>
<td>Other <em>(please specify)</em></td>
<td>Yes → □</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please specify*: If you choose "Other" in any row, you need to specify the activity in the "Other (please specify)" column.
section d. physical activity in the past week

the next set of questions asks about physical activities your daughter may have done during the past week. first, we ask about participation in sports teams, classes or lessons. and then we ask about other types of physical activities.

D1. In the past week, did your daughter participate in any sports teams with practices and games, classes or lessons? Examples include soccer team, basketball team, dance lessons, martial arts classes, ice skating classes, etc.

☐ NO  ➔ GO TO QUESTION D2

☐ YES  ➔ GO TO D1a  

D1a. Please list in the table below what kind of sports teams, classes or lessons your daughter participated in during the past week?

<table>
<thead>
<tr>
<th>Please specify activity</th>
<th>D1b. How many hours and minutes did she do the activity in the past week?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
</tr>
<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
</tr>
<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
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<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
</tr>
<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
</tr>
<tr>
<td></td>
<td>____ Hours and ____ Minutes</td>
</tr>
</tbody>
</table>
D2. Now please think about your daughter’s physical activities other than sports teams, classes or lessons.

In the **past week**, did your daughter do other physical activities, such as jumping rope, roller blading, riding a bike, playing tag, playing outside where you live or at a playground, working out at the gym, etc?

Please do not include time spent in sports teams, classes or lessons that you already told us about.

☐ NO → GO TO QUESTION D3
☐ YES → GO TO D2a

D2a. During the **past week**, on Monday through Friday, how many hours in total did she spend doing physical activities other than sports teams, classes and lessons?

___ HOURS

☐ DON’T KNOW
☐ NO ANSWER

D2b. During the **past weekend**, on Saturday and Sunday, how many hours in total did she spend doing physical activities other than sports teams, classes and lessons?

___ HOURS

☐ DON’T KNOW
☐ NO ANSWER

D3. In general, about how much time do you feel that your daughter is physically active?

☐ All of the time
☐ Most of the time
☐ Some of the time
☐ Hardly at all
☐ Never
☐ DON’T KNOW
☐ NO ANSWER
SECTION E. QUIET ACTIVITIES YESTERDAY

The next questions are about quiet or sedentary activities. By sedentary, we mean activities that require little physical movement. We are specifically interested in activities that your daughter did yesterday.

E1. What day was yesterday (CHECK ONE)

☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday
☐ Saturday
☐ Sunday

E2. At what time did your daughter wake up yesterday morning?

___ AM ☐ DON'T KNOW ☐ NO ANSWER

___ PM

E3. At what time did she go to bed last night?

___ AM ☐ DON'T KNOW ☐ NO ANSWER

___ PM

E4. At what time did she wake up this morning?

___ AM ☐ DON'T KNOW ☐ NO ANSWER

___ PM
E5. Please indicate how many hours and minutes your daughter spent **yesterday** in each of the following sedentary activities.

<table>
<thead>
<tr>
<th>SEDENTARY ACTIVITY</th>
<th>E5a. Did your daughter do this activity (Please check 1 box)</th>
<th>E5b. How many hours and minutes did she do this activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>In school</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Watching TV, videos or movies</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Playing sedentary video games on handheld devices, like X-Box, Play station, or iPads</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Playing physically active video games such as Nintendo Wii™</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Taking a nap</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Sitting and talking on the telephone, text messaging, or playing board games or cards</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td>Sitting and doing activities such as working on a computer, homework or reading</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
<tr>
<td><strong>IF ANY:</strong> How many of those hours were spent working on a computer?</td>
<td>No [ ]</td>
<td>Yes [ ] ____ Hours and ____ Minutes</td>
</tr>
</tbody>
</table>

E6. Were the activities she did **yesterday** typical for that day of the week?

- [ ] No
- [ ] Yes
- [ ] DON’T KNOW
- [ ] NO ANSWER

E7. Did she spend more or less time in quiet or sedentary activities compared to what she usually does on that day of the week?

- [ ] More time than usual
- [ ] Less time than usual
- [ ] About the same amount of time
- [ ] DON’T KNOW
- [ ] NO ANSWER

**Thank you for your time and participation**