

ACTIVITY LEVELS OF AUSTRALIANS
JULY 1986

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 411)

Social Science Data Archives



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ACTIVITY LEVELS OF AUSTRALIANS
JULY 1986

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 411)

Principal Investigator
Sport, Recreation and Tourism Department

Data Collected by
The Roy Morgan Research Centre Pty Ltd

User's Guide Prepared by
Social Science Data Archives
April 1987

Distributed by
Social Science Data Archives
The Australian National University
G.P.O. Box 4, Canberra, A.C.T. 2601

(062) 494400

NATIONAL LIBRARY OF AUSTRALIA
CATALOGUING IN PUBLICATION DATA

(Printed user's guide only)

Activity levels of Australians, July 1986: user's guide for the machine-readable data file.

ISBN 0 7315 0052 0.

1. Activity levels of Australians, July 1986. 2. Machine-readable data files - Handbooks, manuals, etc. 3. Physical fitness - Australia - Data processing - Handbooks, manuals, etc. I. Australian National University. Social Science Data Archives. II. Australia. Dept of Sport, Recreation and Tourism. III. Roy Morgan Research Centre. (Series: SSDA study; no. 411).

025'.0661371'0994

BIBLIOGRAPHIC REFERENCE

All manuscripts using this data file should contain the following citation:

Sport, Recreation and Tourism Department. Activity levels of Australians, July 1986 [machine-readable data file]. Principal investigator, Sport, Recreation and Tourism Department; data collected by Roy Morgan Research Centre. Canberra: Social Science Data Archives, The Australian National University, 1987. 1 data file (3,699 logical records) and accompanying user's guide (90p).

SSDA Study Series (User's guide only)

ISSN 0728-9766

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SOCIAL SCIENCE DATA ARCHIVES

MRDF CATALOGUING DURING PRODUCTION DATA

(Machine-readable data file plus user's guide)

Activity levels of Australians, July 1986 [machine-readable data file] / Principal investigator, Sport, Recreation and Tourism Department; data collected by Roy Morgan Research Centre. SSSA ed., 1987 — Canberra: Social Science Data Archives, The Australian National University, 1987.

1 data file (3,699 logical records) + accompanying user's guide (90p).

Summary: This study is one of a group of surveys conducted at six month intervals for the purpose of establishing accurate data on the proportion of the population which is regularly and persistently active, to assist in planning appropriate recreation and fitness programs. Respondents were questioned about their participation in physical activity during the two weeks preceding the interview. For a range of sporting and other activities respondents were asked the frequency, the amount of time involved each time, and the level of energy expended on each event. Questions were also asked about activities within organised clubs, advertised or sponsored events, and participation alone or socially. Reasons for inactivity were also obtained. Background variables include age, sex, marital status, education, occupation, income, state, electorate, birthplace, work status, number of children, religion, type of dwelling, size of town.

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ACKNOWLEDGEMENT OF ASSISTANCE

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- (i) identify the data and original investigators by including the bibliographic reference for the data file given on the reverse of the title page;
- (ii) acknowledge the Social Science Data Archives and, where the data are made available through the Social Science Data Archives by another archive, acknowledge that archive;
- (iii) declare that those who carried out the original analysis and collection of the data bear no responsibility for the further analysis or interpretation of them.

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Study Description



The Australian National University
Canberra 2600

SOCIAL SCIENCE DATA ARCHIVES
THE AUSTRALIAN NATIONAL UNIVERSITY

Study No.
SSDA 411

ACTIVITY LEVELS OF AUSTRALIANS, JULY 1986

STUDY DESCRIPTION

IDENTIFICATIONS AND ACKNOWLEDGEMENTS

TITLE OF STUDY

Activity levels of Australians, July 1986

LOCAL ARCHIVE WHERE STUDY IS STORED

Social Science Data Archives
The Australian National University
G.P.O. Box 4
Canberra, A.C.T. 2601

number of study (data set): SSDA 411

DEPOSITOR

Sport, Recreation and Tourism Department
G.P.O Box 787
Canberra City A.C.T 2601

DATE OF DEPOSIT

8 October 1986

PRINCIPAL INVESTIGATOR

Sport, Recreation and Tourism Department

DATA COLLECTOR

The Roy Morgan Research Centre Pty Ltd

FUNDING AGENCY

Sport Recreation and Tourism Department
1986/87 Recreation and Fitness Programs

OTHER IDENTIFICATIONS/ACKNOWLEDGEMENTS

Ms Judy Rex
Senior Project Officer
Roy Morgan Research Centre

Ministry of Tourism and Recreation
Government of Ontario, Canada
- supply of some questions and 'Mets Index'
(see reference below)

ANALYSIS CONDITIONS

RESEARCH TOPIC (ABSTRACT)

This study is one of a group of surveys conducted at six month intervals for the purpose of establishing accurate data on the proportion of the population which is regularly and persistently active, to assist in planning appropriate recreation and fitness programs

Respondents were questioned about their participation in physical activity during the two weeks preceding the interview. For a range of sporting and other activities respondents were asked the frequency, the amount of time involved each time, and the level of energy expended on each event. Questions were also asked about activities within organised clubs, advertised or sponsored events, and participation alone or socially. Reasons for inactivity were also obtained. Background variables include age, sex, marital status, education, occupation, income, state, electorate, birthplace, work status, number of children, religion, type of dwelling, size of town.

KIND OF DATA

survey

TIME DIMENSIONS

cross-sectional (one-time) study - partial replication
The same survey instrument was used on another four occasions (see SSDA Study Nos 350, 352, 353, 370 and 384)

DEFINITION OF TOTAL UNIVERSE (UNIVERSE SAMPLED)

persons throughout Australia aged 14 years and over

SAMPLING PROCEDURES

area-cluster sample with quota

Each weekend of the year, from mid-January to mid-December, the Roy Morgan Research Centre conducts its "Consumer Opinion Trends" (C.O.T.) surveys. The data from this study was derived from questions commissioned within the C.O.T. omnibus surveys, and was collected from three samples interviewed over three consecutive weekends.

Interviews were conducted in each wave within each of 110 electoral subdivisions chosen at random within 13 strata based upon the six states and the two territories, split into urban and rural categories. Within each of these sub-divisions one elector's name was selected at random. The residence adjoining this elector's was the first contact dwelling and further adjoining dwellings were approached until the quota of ten interviews was filled.

NUMBER OF UNITS (CASES)

number of cases (unweighted): 3699

DATES OF DATA COLLECTION

first date of data collection: 5 July 1986

last date of data collection: 20 July 1986

METHOD OF DATA COLLECTION

personal interview

DATA GATHERING STAFF

interviewers trained by the Roy Morgan Research Centre drawn from a pool of 480 Australia wide

WEIGHTING

weighting criteria

the use of age, sex and locality in relation to known frequencies to obtain representativeness

weighting procedures

88 age-sex-locality groups were weighted to their correct proportions for the latest estimates available for the population aged 14 years and over. The groups are comprised of all combinations of 2 sexes, 4 ages (14-24, 25-34, 35-49, 50+), and 11 localities (the 5 mainland capitals, the 5 remaining mainland regions, and Tasmania)

DIMENSIONS OF DATA SET

number of cases: 3699

number of variables per case: 255

number of cards per case: 9

ACCESSIBILITY

A copy of the User Undertaking Form must be signed before data may be accessed.

The following access category also applies: A

A: the depositor wishes to be informed (by the Archives) of use being made of the data, in order to comment on that use and make contact with colleagues of similar interests.

REFERENCES TO RELEVANT PUBLICATIONS/RESULTS/STUDIES

UNPUBLISHED PAPERS/REPORTS OF INTEREST

Roy Morgan Research Centre "Survey on the Activity Levels of Australians" The Roy Morgan Research Centre, Melbourne, August, 1986.

REFERENCES TO RELATED STUDIES

Sport, Recreation and Tourism Department "Activity Levels of Australians, June/July, 1984" (SSDA Study No. 350)

_____ "Activity Levels of Australians, January/February 1985" (SSDA Study No. 352)

_____ "Regular Physical Exercise of Australians, June/July, 1985" (SSDA Study No. 353)

_____ "Activity Levels of Australians, June/July 1985" (SSDA Study No. 370)

_____ "Activity Levels of Australians, January/February 1986" (SSDA Study No. 384)

OTHER REFERENCES

Ministry of Tourism and Recreation, Ontario, Canada
"Physical Activity Patterns in Ontario" (1983)

Canada Health Survey, 1975

DESCRIPTORS

Clubs
Leisure
Physical fitness
Recreational facilities
Sports

Codebook



The Australian National University
Canberra 2600

CODEBOOK INFORMATION

The example below is a facsimile of information appearing in the codebook for a typical variable. The numbers in square brackets do not appear but are references to the descriptions which follow this example.

[1] VAR 56 [2] Q17 [3] AGE GROUP
 [4] LOCATION: 62 [5] FORMAT: F1.0 [6] CODE FOR MISSING 0
 [7] CARD NO: 1 [8] COLUMN: 62- 62

[9] Q17. WOULD YOU MIND TELLING ME YOUR APPROXIMATE AGE?

	[10]	[11]	[12]	[13]
	12	4.6%	(1)	UNDER 25
	67	25.5%	(2)	25 - 29
	73	27.8%	(3)	30 - 34
	35	13.3%	(4)	35 - 39
	33	12.5%	(5)	40 - 44
	20	7.6%	(6)	45 - 54
	12	4.6%	(7)	55 - 64
	11	4.2%	(8)	65 AND OVER
	24	----	(Ø)	MISSING

-
- [1] A variable number is assigned consecutively to each variable in the data file.
 - [2] An abbreviated (8 character maximum) variable name.
 - [3] An expanded version of the variable name, or variable label (40 character maximum).
 - [4] The starting column location of this variable within the record.
 - [5] Indicates the width and character type of the variable within the record. The character type is either alphanumeric or numeric. The format element indicating an alphanumeric variable takes the form *Aw*, where *w* is the column width of the variable. The element indicating that a variable is numeric is *Fw.d*, where *w* indicates the column width of the variable (including the sign and decimal point if punched), and *d* is the number of digits and columns to the right of the decimal point.
 - [6] Indicates codes for missing values.
 - [7] Indicates the card, or deck, of this variable when the data are in card-image format (80 - column format).
 - [8] Indicates the first and last column location of this variable.

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
CARD IDENTIFICATION			
1	STATE	STATE AND CAPITAL	1
2	ELECT	ELECTORATE SUBDIVISION	1
3	ININO	INTERVIEW NUMBER	1
4	COTNO	CONSUMER OPINION TRENDS SURVEY NUMBER	2
5	WHENDONE	WHEN C O T SURVEY WAS DONE	2
6	CLUSTER		2
NUMBER OF TIMES ACTIVITIES WERE DONE			
7	ACTSDONE	NO OF TIMES ACTIVITIES DONE	2
8	SPORTCLB	AT SPORT CLUB	3
9	HLTHCNTR	AT HEALTH CENTRE	3
10	ALONE	ALONE OR WITH FRIENDS	3
11	METVALUE	METABOLIC VALUE	3
12	MINUTES	TOTAL TIME IN MINUTES	4
DEMOGRAPHIC VARIABLES			
13	AGE		4
14	CTYBIRTH	COUNTRY OF BIRTH	4
15	MARISTAT	MARITAL STATUS	5
16	EDUSTAT	EDUCATIONAL LEVEL	5

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
17	WORKSTAT	WORK STATUS	6
18	INCOME1	ANNUAL INCOME IF WORKING	6
19	OCCUPAT1	OCCUPATION OF RESPONDENT IF WORKING	6
20	EMPLOYER		7
21	TVSETS	NO OF TV SETS IN HOUSEHOLD	7
22	VCR	OWN OR RENT VCR	8
23	CHILDREN	NO OF CHILDREN UNDER 16	8
24	INCOME2		8
25	OCCUPAT2		9
26	EMPLOY2		9
27	LIFECYCL	LIFECYCLE OF RESPONDENT	10
28	GBLIFE	LIFE CYCLE OF GROCERY BUYER	10
29	WRKLOOK	NO OF PEOPLE LOOKING FOR WORK	10
30	AGEREC	AGE GROUP BEFORE RECODE	10
31	ADULTS	NO OF ADULTS IN HOUSEHOLD	11
32	PEOPLE	NO OF PEOPLE IN HOUSEHOLD	11
33	TELEPHON	TELEPHONE IN HOUSEHOLD	11
34	SEX		12
35	GBRESP	RESPONDENT IS GROCERY BUYER	12
36	GBSEX	SEX OF GROCERY BUYER	12

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
37	GBAGE	AGE OF GROCERY BUYER	12
38	GBWORK	WORK STATUS OF GROCERY BUYER	13
39	RMIE	RESPONDENT MAIN INCOME EARNER	13
40	MIEOCC	MAIN INCOME EARNER'S OCCUPATION	13
41	MIEINC	INCOME OF MAIN INCOME EARNER	14
42	ELECTROL	ON FEDERAL ELECTORAL ROLL	14
43	RELIGION		14
44	PTWORKRS		15
45	PTWORKRS		15
46	TYPEDWEL	TYPE OF DWELLING	15
47	CITYTYPE	SIZE OF CITY OR TOWN	16
48	CARDNO1	CARD NUMBER 1	16
49	STATE2	STATE IDENTIFICATION ON CARD 2	16
50	IDENINO2	IDENTIFICATION NO ON CARD 2	16
		ACTIVITY DETAILS FOR FIRST ACTIVITY	
51	ACTNO1	NAME OF FIRST ACTIVITY LISTED	16
52	NOTIMES1	NO OF TIMES ACTIVITY DONE	17
53	TIME1	TIME TAKEN IN HOURS AND MINUTES	17
54	VIGOR1	LEVEL OF VIGOR	17

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
55	SPTCLB1	NO OF TIMES AT SPORTING CLUB	18
56	HLTHCNT1	NO OF TIMES AT HEALTH CENTRE	18
57	ALONE1	NO OF TIMES ALONE OR WITH FRIENDS	18
58	METVAL1	METABOLIC VALUE OF ACTIVITY	18
59	MINUTES1	TOTAL TIME IN MINUTES OF ACTIVITY	18
60	PUBLIC1	AT PUBLIC FACILITY	19
61	GYM1	AT GYMNASIUM OR COMMUNITY CENTRE	19
62	SCHOOL1	AT SCHOOL OR UNIVERSITY	19
63	ATHOME1	AT A PRIVATE HOUSE	19
64	FOOTPTH1	ON FOOTPATH OR ROADWAY	20
65	CYCLPTH1	ON A CYCLE PATHTY	20
66	NATURE1	AT NATURE RESERVE OR FOREST	20
67	BEACH1	AT BEACH,RIVER,DAM OR LAKE	20
68	OTHRPLC1	ANY OTHER PLACE	20
69	PARK1	AT LOCAL PARK OR GARDEN	21
70	CANTSAY1	CAN'T SAY	21
71	CARDNO2	CARD NUMBER 2	21
72	STATE3	STATE IDENTIFICATION ON CARD 3	21
73	IDENINO3	IDENTIFICATION NO ON CARD 3	21

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
74	ACTNO2	NAME OF SECOND ACTIVITY LISTED	21
75	NOTIMES2	NO OF TIMES ACTIVITY DONE	22
76	TIME2	TIME TAKEN IN HOURS AND MINUTES	22
77	VIGOR2	LEVEL OF VIGOR	22
78	SPTCLB2	NO OF TIMES AT SPORTING CLUB	23
79	HLTHCNT2	NO OF TIMES AT HEALTH CENTRE	23
80	ALONE2	NO OF TIMES ALONE OR WITH FRIENDS	23
81	METVAL2	METABOLIC VALUE OF ACTIVITY	23
82	MINUTES2	TOTAL TIME IN MINUTES OF ACTIVITY	23
83	PUBLIC2	AT PUBLIC FACILITY	23
84	GYM2	AT GYMNASIUM OR COMMUNITY CENTRE	24
85	SCHOOL2	AT SCHOOL OR UNIVERSITY	24
86	ATHOME2	AT A PRIVATE HOUSE	24
87	FOOTPTH2	ON FOOTPATH OR ROADWAY	24
88	CYCLPTH2	ON A CYCLE PATHTY	24
89	NATURE2	AT NATURE RESERVE OR FOREST	25
90	BEACH2	AT BEACH, RIVER, DAM OR LAKE	25
91	OTHRPLC2	ANY OTHER PLACE	25
92	PARK2	AT LOCAL PARK OR GARDEN	25
93	CANTSAY2	CAN'T SAY	25

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
94	CARDNO3	CARD NUMBER 3	25
95	STATE4	STATE IDENTIFICATION ON CARD 4	26
96	IDENINO4	IDENTIFICATION NO ON CARD 4	26
ACTIVITY DETAILS OF THIRD ACTIVITY			
97	ACTNO3	NAME OF THIRD ACTIVITY LISTED	26
98	NOTIMES3	NO OF TIMES ACTIVITY DONE	27
99	TIME3	TIME TAKEN IN HOURS AND MINUTES	27
100	VIGOR3	LEVEL OF VIGOR	27
101	SPTCLB3	NO OF TIMES AT SPORTING CLUB	27
102	HLTHCNT3	NO OF TIMES AT HEALTH CENTRE	27
103	ALONE3	NO OF TIMES ALONE OR WITH FRIENDS	28
104	METVAL3	METABOLIC VALUE OF ACTIVITY	28
105	MINUTES3	TOTAL TIME IN MINUTES OF ACTIVITY	28
106	PUBLIC3	AT PUBLIC FACILITY	28
107	GYM3	AT GYMNASIUM OR COMMUNITY CENTRE	28
108	SCHOOL3	AT SCHOOL OR UNIVERSITY	28
109	ATHOME3	AT A PRIVATE HOUSE	29
110	FOOTPTH3	ON FOOTPATH OR ROADWAY	29
111	CYCLPTH3	ON A CYCLE PATHTY	29

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
12	NATURE3	AT NATURE RESERVE OR FOREST	29
13	BEACH3	AT BEACH,RIVER,DAM OR LAKE	29
14	OTHRPLC3	ANY OTHER PLACE	30
15	PARK3	AT LOCAL PARK OR GARDEN	30
16	CANTSAY3	CAN'T SAY	30
17	CARDNO4	CARD NUMBER 4	30
18	STATE5	STATE IDENTIFICATION ON CARD 5	30
19	IDENINOS5	IDENTIFICATION NO ON CARD 5	30
	ACTIVITY DETAILS OF FOURTH ACTIVITY		
20	ACTNO4	NAME OF FOURTH ACTIVITY LISTED	31
21	NOTIMES4	NO OF TIMES ACTIVITY DONE	31
22	TIME4	TIME TAKEN IN HOURS AND MINUTES	31
23	VIGOR4	LEVEL OF VIGOR	32
24	SPTCLB4	NO OF TIMES AT SPORTING CLUB	32
25	HLTHCNT4	NO OF TIMES AT HEALTH CENTRE	32
26	ALONE4	NO OF TIMES ALONE OR WITH FRIENDS	32
27	METVAL4	METABOLIC VALUE OF ACTIVITY	32
28	MINUTES4	TOTAL TIME IN MINUTES OF ACTIVITY	33
29	PUBLIC4	AT PUBLIC FACILITY	33
30	GYM4	AT GYMNASIUM OR COMMUNITY CENTRE	33

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
131	SCHOOL4	AT SCHOOL OR UNIVERSITY	33
132	ATHOME4	AT A PRIVATE HOUSE	33
133	FOOTPTH4	ON FOOTPATH OR ROADWAY	33
134	CYCLPTH4	ON A CYCLE PATHTY	34
135	NATURE4	AT NATURE RESERVE OR FOREST	34
136	BEACH4	AT BEACH, RIVER, DAM OR LAKE	34
137	OTHRPLC4	ANY OTHER PLACE	34
138	PARK4	AT LOCAL PARK OR GARDEN	34
139	CANTSAY4	CAN'T SAY	35
140	CARDNO5	CARD NUMBER 5	35
141	STATE6	STATE IDENTIFICATION ON CARD 6	35
142	IDENINO6	IDENTIFICATION NO ON CARD 6	35
ACTIVITY DETAILS OF FIFTH ACTIVITY			
143	ACTNO5	NAME OF FIFTH ACTIVITY LISTED	35
144	NOTIMES5	NO OF TIMES ACTIVITY DONE	36
145	TIMES5	TIME TAKEN IN HOURS AND MINUTES	36
146	VIGOR5	LEVEL OF VIGOR	36
147	SPTCLB5	NO OF TIMES AT SPORTING CLUB	37
148	HLTHCNT5	NO OF TIMES AT HEALTH CENTRE	37

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
49	ALONE5	NO OF TIMES ALONE OR WITH FRIENDS	37
50	METVAL5	METABOLIC VALUE OF ACTIVITY	37
51	MINUTES5	TOTAL TIME IN MINUTES OF ACTIVITY	37
52	PUBLIC5	AT PUBLIC FACILITY	37
53	GYM5	AT GYMNASIUM OR COMMUNITY CENTRE	37
54	SCHOOL5	AT SCHOOL OR UNIVERSITY	38
55	ATHOME5	AT A PRIVATE HOUSE	38
56	FOOTPTH5	ON FOOTPATH OR ROADWAY	38
57	CYCLPTH5	ON A CYCLE PATHTY	38
58	NATURE5	AT NATURE RESERVE OR FOREST	38
59	BEACH5	AT BEACH,RIVER,DAM OR LAKE	38
60	OTHRPLC5	ANY OTHER PLACE	39
61	PARK5	AT LOCAL PARK OR GARDEN	39
62	CANTISAY5	CAN'T SAY	39
63	CARDNO6	CARD NUMBER 6	39
64	STATE7	STATE IDENTIFICATION ON CARD 7	39
65	IDENINO7	IDENTIFICATION NO ON CARD 7	39
		ACTIVITY DETAILS OF SIXTH ACTIVITY	
66	ACTINO6	NAME OF SIXTH ACTIVITY LISTED	40
67	NOTIMES6	NO OF TIMES ACTIVITY DONE	40

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
168	TIME6	TIME TAKEN IN HOURS AND MINUTES	40
169	VIGOR6	LEVEL OF VIGOR	41
170	SPTCLB6	NO OF TIMES AT SPORTING CLUB	41
171	HLTHCNT6	NO OF TIMES AT HEALTH CENTRE	41
172	ALONE6	NO OF TIMES ALONE OR WITH FRIENDS	41
173	METVAL6	METABOLIC VALUE OF ACTIVITY	41
174	MINUTES6	TOTAL TIME IN MINUTES OF ACTIVITY	42
175	PUBLIC6	AT PUBLIC FACILITY	42
176	GYM6	AT GYMNASIUM OR COMMUNITY CENTRE	42
177	SCHOOL6	AT SCHOOL OR UNIVERSITY	42
178	ATHOME6	AT A PRIVATE HOUSE	42
179	FOOTPTH6	ON FOOTPATH OR ROADWAY	42
180	CYCLPTH6	ON A CYCLE PATHWAY	43
181	NATURE6	AT NATURE RESERVE OR FOREST	43
182	BEACH6	AT BEACH, RIVER, DAM OR LAKE	43
183	OTHRPLC6	ANY OTHER PLACE	43
184	PARK6	AT LOCAL PARK OR GARDEN	43
185	CANISAY6	CAN'T SAY	43
186	CARDNO7	CARD NUMBER 7	44
187	STATE8	STATE IDENTIFICATION ON CARD 8	44

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
88	IDENIN08	IDENTIFICATION NO ON CARD 8	44
		ACTIVITY DETAILS OF SEVENTH ACTIVITY	
89	ACINO7	NAME OF SEVENTH ACTIVITY LISTED	44
90	NOTIMES7	NO OF TIMES ACTIVITY DONE	45
91	TIME7	TIME TAKEN IN HOURS AND MINUTES	45
92	VIGOR7	LEVEL OF VIGOR	45
93	SPTCLB7	NO OF TIMES AT SPORTING CLUB	45
94	HLTHCNT7	NO OF TIMES AT HEALTH CENTRE	45
95	ALONE7	NO OF TIMES ALONE OR WITH FRIENDS	46
96	METVAL7	METABOLIC VALUE OF ACTIVITY	46
97	MINUTES7	TOTAL TIME IN MINUTES OF ACTIVITY	46
98	PUBLIC7	AT PUBLIC FACILITY	46
99	GYM7	AT GYMNASIUM OR COMMUNITY CENTRE	46
00	SCHOOL7	AT SCHOOL OR UNIVERSITY	46
01	ATHOME7	AT A PRIVATE HOUSE	47
02	FOOTPTH7	ON FOOTPATH OR ROADWAY	47
03	CYCLPTH7	ON A CYCLE PATHTY	47
04	NATURE7	AT NATURE RESERVE OR FOREST	47
05	BEACH7	AT BEACH, RIVER, DAM OR LAKE	47

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
206	OTHRPLC7	ANY OTHER PLACE	47
207	PARK7	AT LOCAL PARK OR GARDEN	48
208	CANISAY7	CAN'T SAY	48
209	CARDNO8	CARD NUMBER 8	48
210	STATE9	STATE IDENTIFICATION ON CARD 9	48
211	IDENINO9	IDENTIFICATION NO ON CARD 9	48
TYPES OF ACTIVITIES DONE			
212	WALK	WALKED FOR EXERCISE	49
213	JOG	JOGGED FOR EXERCISE	49
214	AEROBICS	DID AEROBICS FOR EXERCISE	49
215	SWIM	SWAM FOR EXERCISE	49
216	BICYCLE	BICYCLED FOR EXERCISE	49
217	NETBALL	PLAYED NETBALL FOR EXERCISE	50
218	GOLF	PLAYED GOLF FOR EXERCISE	50
219	TENNIS	PLAYED TENNIS FOR EXERCISE	50
220	ATHLETIC	DID ATHLETICS FOR EXERCISE	50
221	NOACTIV	NO ACTIVITIES	50
222	TABTENNIS	PLAYED TABLE TENNIS	50
223	SAILING	WENT SAILING FOR EXERCISE	51
224	FOOTBALL	FOOTBALL OR CRICKET	51

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
25	SNOWSKI	SNOWSKIING	51
26	WATERSKI	WATERSKIING	51
27	ICESKATE	ICESKATING	51
28	BOWLS	LAWN BOWLS	52
29	SQUASH	PLAY SQUASH	52
30	OTHERSP	OTHER SPORT	52
REASONS WHY NOT PHYSICALLY ACTIVE			
31	DONTWANT	DON'T WANT TO BE ACTIVE	53
32	TOOHARD	HAVE TRIED BUT FIND DIFFICULT	53
33	NOCHANCE	NO CHANCE TO DO ACTIVITIES	53
34	NOTIME	NOT ENOUGH FREE TIME	53
35	NOTRANS	DON'T HAVE TRANSPORT	53
36	MORENCOR	NEED MORE ENCOURAGEMENT	54
37	UNABLE	PHYSICALLY UNABLE	54
38	NOFACILS	NO FACILITIES NEARBY	54
39	ANYOTHER	OTHER REASON	54
40	NONE		54
41	ATWORK	EXERCISE AT WORK	55

REGULAR PHYSICAL EXERCISE

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
242	DAYSEXCS	NO DAYS EXERCISE EACH WEEK	55
243	TYPEEXCS	TYPE OF EXERCISE	55
CHILDREN OF THE HOUSEHOLD			
244	BOY02	BOY 0-2 YEARS	56
245	BOY35	BOY 3-5 YEARS	56
246	BOY68	BOY 6-8 YEARS	56
247	BOY911	BOY 9-11 YEARS	57
248	BOY1213	BOY 12-13 YEARS	57
249	BOY1415	BOY 14-15 YEARS	57
250	GIRL02	GIRL 0-2 YEARS	57
251	GIRL35	GIRL 3-5 YEARS	57
252	GIRL68	GIRL 6-8 YEARS	58
253	GIRL911	GIRL 9-11 YEARS	58
254	GIRL1213	GIRL 12-13 YEARS	58
255	GIRL1415	GIRL 14-15 YEARS	58
WEIGHTING			
256	WEIGHT	WEIGHTING FACTOR	58
257	CARDNO9	CARD NUMBER IDENTIFICATION	58

The demographic variables included below have been edited according to a standard edit as outlined in Appendix A. The SPSS file which accompanies the data file includes extensive recoding to take account of alphanumeric data. Other recoding has been included to give the values given below.

IDENTIFICATION

R	1	STATE	STATE AND CAPITAL	/
		LOCATION: 1	FORMAT: A1	
		CARD NO : 1	COLUMN: 1- 1	
		280 7.6%	(1) BRISBANE	
		300 8.1%	(2) REST OF QLD	
		756 20.4%	(3) SYDNEY	
		553 14.9%	(4) REST OF NSW	
		705 19.1%	(5) MELBOURNE	
		267 7.2%	(6) REST OF VIC	
		50 1.4%	(7) HOBART	
		109 2.9%	(8) REST OF TAS	
		260 7.0%	(9) ADELAIDE	
		120 3.2%	(10) REST OF SA,NT	
		209 5.7%	(11) PERTH	
		90 2.4%	(12) REST OF WA	

R	2	ELECT	ELECTORATE SUBDIVISION	/
		LOCATION: 2	FORMAT: F3.0	
		CARD NO : 1	COLUMN: 2- 4	

SEE FREQUENCIES ADDENDUM FOR ELECTORAL DISTRIBUTION

R	3	ININO	INTERVIEW NUMBER	/
		LOCATION: 5	FORMAT: F1.0	
		CARD NO : 1	COLUMN: 5- 5	

CARD IDENTIFICATION

VAR 4 COINO CONSUMER OPINION TRENDS SURVEY NUMBER /
LOCATION: 6 FORMAT: F2.0
CARD NO : 1 COLUMN: 6- 7

last two digits only

VAR 5 WHENDONE WHEN C O T SURVEY WAS DONE /
LOCATION: 8 FORMAT: F1.0
CARD NO : 1 COLUMN: 8- 8

Same as last digit in Cols 6-7 = same week
Different = following week

VAR 6 CLUSTER /
LOCATION: 9 FORMAT: F1.0
CARD NO : 1 COLUMN: 9- 9

Cluster within week done by same interviewer

NUMBER OF TIMES ACTIVITIES WERE DONE

VAR 7 ACTSDONE NO OF TIMES ACTIVITIES DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 1 COLUMN: 12- 13

(From questionnaire) NEXT ABOUT PHYSICAL
ACTIVITY, PHYSICAL EXERCISE AND PHYSICAL
RECREATION. LOOKING AT
THE NEXT WHITE CARD. (pause) IN THE LAST
TWO WEEKS, WHICH, IF ANY, OF THOSE ACTIVITIES
HAVE YOU, YOURSELF, DONE - IN THE LAST 2 WEEKS?

NUMBER OF TIMES ACTIVITIES WERE DONE

PLEASE SAY THE ACTIVITY AND ITS NUMBER.
WHICH OTHERS IN THE LAST 2 WEEKS?
ANY OTHERS?

This variable gives the total number of
activities of all types done by the respondent.

VAR 8 SPORTCLB AT SPORT CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 1 COLUMN: 19- 20

LOOKING NOW AT THE TOP OF THE NEXT PINK CARD,
AND THINKING ABOUT THE (say number of times)
TIMES YOU PLAYED/WENT/DID (say activity). IN
THE LAST TWO WEEKS, ABOUT HOW MANY OF THOSE
TIMES DID YOU PLAY/GO/DO (say activity) AS A
MEMBER OF A SPORTING CLUB OR ASSOCIATION, NOT
AT A HEALTH OR FITNESS CENTRE?

VAR 9 HLTHCNTR AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 1 COLUMN: 21- 22

AND HOW MANY TIMES DID YOU PLAY/GO/DO (say
activity) AS A MEMBER OF A HEALTH OR
FITNESS CENTRE?

VAR 10 ALONE ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 1 COLUMN: 23- 24

AND HOW MANY TIMES DID YOU PLAY/GO/DO (say
activity) ALONE OR WITH FRIENDS?

VAR 11 METVALUE METABOLIC VALUE /
LOCATION: 29 FORMAT: F6.0
CARD NO : 1 COLUMN: 29- 34

This is a measure of the total metabolic
value of all activities. The metabolic value
is equal to ACTSDONE X MINUTES X Mets value
for the activity (See Appendix B)

NUMBER OF TIMES ACTIVITIES WERE DONE

VAR 12 MINUTES TOTAL TIME IN MINUTES /
LOCATION: 35 FORMAT: F5.0
CARD NO : 1 COLUMN: 35- 39

IN THE LAST 2 WEEKS, ABOUT HOW MUCH TIME - IN
HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (read activity)?

DEMOGRAPHIC VARIABLES

VAR 13 AGE /
LOCATION: 41 FORMAT: A1
CARD NO : 1 COLUMN: 41- 41

252	6.8%	(1)	14-17
116	3.1%	(2)	18-19
337	9.1%	(3)	20-24
451	12.2%	(4)	25-29
469	12.7%	(5)	30-34
460	12.4%	(6)	35-39
307	8.3%	(7)	40-44
233	6.3%	(8)	45-49
203	5.5%	(9)	50-54
217	5.9%	(10)	55-59
222	6.0%	(11)	60-64
432	11.7%	(12)	65 PLUS

VAR 14 CTYBIRTH COUNTRY OF BIRTH /
LOCATION: 42 FORMAT: F1.0
CARD NO : 1 COLUMN: 42- 42

2894	78.2%	(1)	AUSTRALIA
76	2.1%	(2)	ASIA
3	0.1%	(3)	CANADA
19	0.5%	(4)	GREECE

OGRAPHIC VARIABLES

54	1.5%	(5) ITALY
174	4.7%	(6) OTHER EUROPE
57	1.5%	(7) NEW ZEALAND
350	9.5%	(8) UNITED KINGDOM
9	0.2%	(9) USA
63	1.7%	(10) OTHER

R 15 MARISTAT MARITAL STATUS /
 LOCATION: 43 FORMAT: A1
 CARD NO : 1 COLUMN: 43- 43

67	1.8%	(1) DE FACTO
2318	62.7%	(2) MARRIED
238	6.4%	(3) WIDOWED
153	4.1%	(4) DIVORCED
70	1.9%	(5) SEPARATED
801	21.7%	(6) SINGLE
25	0.7%	(7) ENGAGED
27	0.7%	(8) PLANNING TO MARRY

R 16 EDUSTAT EDUCATIONAL LEVEL /
 LOCATION: 44 FORMAT: A1
 CARD NO : 1 COLUMN: 44- 44

40	1.1%	(1) SOME PRIMARY
255	6.9%	(2) FINISHED PRIMARY
892	24.1%	(3) SOME SECONDARY
173	4.7%	(4) SOME TECHNICAL
771	20.8%	(5) SCHOOL CERTIFICATE
289	7.8%	(6) LEAVING CERTIFICATE
331	8.9%	(7) FINISHED TECHNICAL
206	5.6%	(8) FINISHED MATRIC OR HSC
154	4.2%	(9) SOME UNIVERSITY
202	5.5%	(10) TERTIARY DIPLOMA
82	2.2%	(11) NOW AT UNIVERSITY
304	8.2%	(12) DEGREE

- (1) SOME PRIMARY SCHOOL
- (2) FINISHED PRIMARY SCHOOL
- (3) SOME SECONDARY SCHOOL
- (4) SOME TECHNICAL OR COMMERCIAL
- (5) PASSED 4TH FORM, SCHOOL CERTIFICATE, INTERMEDIATE
- (6) COMPLETED FIFTH FORM, LEAVING CERTIFICATE
- (7) FINISHED COMMERCIAL OR TECHNICAL COLLEGE
- (8) FINISHED OR NOW STUDYING FOR MATRIC, HSC
- (9) SOME UNIVERSITY TRAINING

DEMOGRAPHIC VARIABLES

- (10) TERTIARY DIPLOMA, NOT UNIVERSITY
(11) NOW AT UNIVERSITY
(12) DEGREE

VAR 17 WORKSTAT WORK STATUS /
LOCATION: 45 FORMAT: F1.0
CARD NO : 1 COLUMN: 45- 45

1615	43.7%	(1) FULL-TIME WORK
424	11.5%	(2) PART-TIME WORKRY
729	19.7%	(3) NOT LOOKING - HOME
72	1.9%	(4) NOT LOOKING - DONT W
99	2.7%	(5) LOOKING FOR FULL-TIM
36	1.0%	(6) LOOKING FOR PART-TIM
479	12.9%	(7) RETIRED
245	6.6%	(8) STUDENT

VAR 18 INCOME1 ANNUAL INCOME IF WORKING /
LOCATION: 46 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 46- 46

29	1.4%	(1) UNDER \$6,000
41	2.0%	(2) \$6,000 TO 7,999
180	8.8%	(3) \$8,000 TO 9,999
201	9.9%	(4) \$10,000 TO 11,999
302	14.8%	(5) \$12,000 TO 14,999
418	20.5%	(6) \$15,000 TO 19,999
332	16.3%	(7) \$20,000 TO 24,999
260	12.8%	(8) \$25,000 TO 29,999
156	7.7%	(9) \$30,000 TO 34,999
75	3.7%	(10) \$35,000 TO 39,999
45	2.2%	(11) \$40,000 OR MORE
1660	—	(13) MISSING

VAR 19 OCCUPAT1 OCCUPATION OF RESPONDENT IF WORKING /
LOCATION: 47 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 47- 47

115	5.6%	(1) PROFESSIONAL
100	4.9%	(2) MANAGER
47	2.3%	(3) SMALL BUSINESS OWNER
927	45.5%	(4) WHITE COLLAR WORKER

OGRAPHIC VARIABLES

331	16.2%	(5) SKILLED MANUAL
291	14.3%	(6) SEMI-SKILLED
107	5.2%	(7) UNSKILLED NOT FARM
83	4.1%	(8) FARMER,ETC
17	0.8%	(9) FARM WORKER, ETC
12	0.6%	(10) HOUSEWIFE, RET, UNEMP
9	0.4%	(12) SERVICEMAN
1660	---	(13) NOT APPLICABLE

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER
- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL
- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER,ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

R 20 EMPLOYER /
 LOCATION: 48 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 48- 48

644	31.6%	(1) PUBLIC SERVICE
1188	58.3%	(2) PRIVATE INDUSTRY
207	10.2%	(3) SELF-EMPLOYED
1660	---	(13) NOT APPLICABLE

R 21 TVSETS NO OF TV SETS IN HOUSEHOLD /
 LOCATION: 49 FORMAT: F1.0
 CARD NO : 1 COLUMN: 49- 49

58	1.6%	(0) NONE
2128	57.5%	(1) ONE
1180	31.9%	(2) TWO
260	7.0%	(3) THREE
63	1.7%	(4) FOUR
8	0.2%	(5) FIVE
1	0.0%	(6) SIX
1	0.0%	(7) SEVEN

DEMOGRAPHIC VARIABLES

VAR	22	VCR	OWN OR RENT VCR	/
		LOCATION: 50	FORMAT: F1.0	
		CARD NO : 1	COLUMN: 50- 50	
		58 1.6%	(0) NO TV	
		1650 44.6%	(1) OWN VCR	
		118 3.2%	(2) RENT VCR	
		1868 50.5%	(3) NO VCR	
		5 0.1%	(4) NO CODE GIVEN	

VAR	23	CHILDREN	NO OF CHILDREN UNDER 16	/
		LOCATION: 51	FORMAT: F1.0	
		CARD NO : 1	COLUMN: 51- 51	
		2009 54.3%	(0) NONE	
		586 15.8%	(1) ONE	
		698 18.9%	(2) TWO	
		292 7.9%	(3) THREE	
		87 2.4%	(4) FOUR	
		23 0.6%	(5) FIVE	
		2 0.1%	(6) SIX	
		1 0.0%	(7) SEVEN	
		1 0.0%	(8) EIGHT	

Column 52 has been multipunched and the results spread in Card 9, Columns 52-63.

VAR	24	INCOME2		/
		LOCATION: 53	FORMAT: A1 CODE FOR MISSING 13	
		CARD NO : 1	COLUMN: 53- 53	

INCOME OF FULL-TIME WORKING RESPONDENT
NOT PART TIME

27	1.7%	(1) UNDER \$6,000
39	2.4%	(2) \$6,000 TO 7,999
37	2.3%	(3) \$8,000 TO 9,999
84	5.2%	(4) \$10,000 TO 11,999
214	13.3%	(5) \$12,000 TO 14,999
386	23.9%	(6) \$15,000 TO 19,999

DEMOGRAPHIC VARIABLES

311	19.3%	(7) \$20,000 TO 24,999
251	15.5%	(8) \$25,000 TO 29,999
150	9.3%	(9) \$30,000 TO 34,999
72	4.5%	(10) \$35,000 TO 39,999
44	2.7%	(11) \$40,000 OR MORE
2084	——	(13) NOT APPLICABLE

R 25 OCCUPAT2
LOCATION: 54 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 54- 54

OCCUPATION OF FULL TIME WORKING RESPONDENT
NOT PART TIME

98	6.1%	(1) PROFESSIONAL
93	5.8%	(2) MANAGER
35	2.2%	(3) SMALL BUSINESS OWNER
681	42.2%	(4) WHITE COLLAR WORKER
308	19.1%	(5) SKILLED MANUAL
240	14.9%	(6) SEMI-SKILLED
59	3.7%	(7) UNSKILLED NOT FARM
77	4.8%	(8) FARMER, ETC
10	0.6%	(9) FARM WORKER, ETC
6	0.4%	(10) HOUSEWIFE, RET, UNEMP
8	0.5%	(12) SERVICEMAN
2084	——	(13) NOT APPLICABLE

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER
- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL
- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER, ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

R 26 EMPLOY2
LOCATION: 55 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 55- 55

EMPLOYER OF FULL TIME WORKING RESPONDENT

539	33.4%	(1) PUBLIC SERVICE
916	56.7%	(2) PRIVATE INDUSTRY
160	9.9%	(3) SELF-EMPLOYED
2084	——	(13) NOT APPLICABLE

DEMOGRAPHIC VARIABLES

VAR 27 LIFCYCL LIFECYCLE OF RESPONDENT /
LOCATION: 56 FORMAT: F1.0
CARD NO : 1 COLUMN: 56- 56

751	20.3%	(1) SINGLE, AGED 13 - 34
234	6.3%	(2) MARRIED, 14-34 NO CH
640	17.3%	(3) MARRIED, 14-34 CHILD
757	20.5%	(4) MARRIED, 35 PLUS, CHI
880	23.8%	(5) MARRIED, 35 PLUS, NO
437	11.8%	(6) SINGLE, 35 PLUS

VAR 28 GBLIFE LIFE CYCLE OF GROCERY BUYER /
LOCATION: 57 FORMAT: A1
CARD NO : 1 COLUMN: 57- 57

517	14.0%	(1) UNDER 35, NO CHILD
779	21.1%	(2) UNDER 35, CHILDREN
911	24.6%	(3) OVER 35, CHILDREN
1492	40.3%	(4) OVER 35, NO CHILD

VAR 29 WRKLOOK NO OF PEOPLE LOOKING FOR WORK /
LOCATION: 58 FORMAT: F1.0
CARD NO : 1 COLUMN: 58- 58

3578	96.7%	(0) NONE
106	2.9%	(1) ONE
14	0.4%	(2) TWO
1	0.0%	(3) THREE

VAR 30 AGEREC AGE GROUP BEFORE RECODE /
LOCATION: 60 FORMAT: A2
CARD NO : 1 COLUMN: 60- 61

RECODED VALUES CAN BE FOUND IN COLUMN 41

108	2.9%	(1) 14-15
144	3.9%	(2) 16-17
116	3.1%	(3) 18-19
337	9.1%	(4) 20-24

OGRAPHIC VARIABLES

451	12.2%	(5)	25-29
469	12.7%	(6)	30-34
460	12.4%	(7)	35-39
307	8.3%	(8)	40-44
233	6.3%	(9)	45-49
203	5.5%	(10)	50-54
217	5.9%	(11)	55-59
222	6.0%	(12)	60-64
178	4.8%	(13)	65-69
254	6.9%	(14)	70 PLUS

R 31 ADULTS NO OF ADULTS IN HOUSEHOLD /
LOCATION: 62 FORMAT: F1.0
CARD NO : 1 COLUMN: 62- 62

456	12.3%	(1)	ONE
2227	60.2%	(2)	TWO
599	16.2%	(3)	THREE
309	8.4%	(4)	FOUR
80	2.2%	(5)	FIVE
25	0.7%	(6)	SIX
2	0.1%	(7)	SEVEN
1	0.0%	(8)	EIGHT

R 32 PEOPLE NO OF PEOPLE IN HOUSEHOLD /
LOCATION: 63 FORMAT: F1.0
CARD NO : 1 COLUMN: 63- 63

375	10.1%	(1)	ONE
1077	29.1%	(2)	TWO
673	18.2%	(3)	THREE
897	24.2%	(4)	FOUR
437	11.8%	(5)	FIVE
167	4.5%	(6)	SIX
59	1.6%	(7)	SEVEN
10	0.3%	(8)	EIGHT
4	0.1%	(9)	NINE OR MORE

R 33 TELEPHON TELEPHONE IN HOUSEHOLD /
LOCATION: 64 FORMAT: A1
CARD NO : 1 COLUMN: 64- 64

3122	84.4%	(1)	YES,NUMBER GIVEN
111	3.0%	(2)	WONT SAY IF PHONE
190	5.1%	(3)	YES WONT SAY NUMBER
276	7.5%	(4)	NO PHONE

DEMOGRAPHIC VARIABLES

VAR 34 SEX /
LOCATION: 65 FORMAT: F1.0
CARD NO : 1 COLUMN: 65- 65

1733 46.9% (1) MAN
1966 53.1% (2) WOMAN

VAR 35 GBRESP RESPONDENT IS GROCERY BUYER /
LOCATION: 66 FORMAT: F1.0
CARD NO : 1 COLUMN: 66- 66

IS RESPONDENT MAIN GROCERY BUYER OF HOUSEHOLD?

2155 58.3% (1) USUALLY
696 18.8% (2) SOMETIMES
848 22.9% (3) NEVER

VAR 36 GBSEX SEX OF GROCERY BUYER /
LOCATION: 67 FORMAT: A1
CARD NO : 1 COLUMN: 67- 67

3070 83.0% (1) WOMAN
629 17.0% (2) MAN

VAR 37 GBAGE AGE OF GROCERY BUYER /
LOCATION: 68 FORMAT: A1
CARD NO : 1 COLUMN: 68- 68

18 0.5% (1) 14-17
46 1.2% (2) 18-19
270 7.3% (3) 20-24
453 12.2% (4) 25-29
509 13.8% (5) 30-34
514 13.9% (6) 35-39
428 11.6% (7) 40-44

DEMOGRAPHIC VARIABLES

310	8.4%	(8) 45-49
287	7.8%	(9) 50-54
228	6.2%	(10) 55-59
233	6.3%	(11) 60-64
403	10.9%	(12) 65 PLUS

VAR 38 GEWORK WORK STATUS OF GROCERY BUYER /
 LOCATION: 69 FORMAT: F1.0
 CARD NO : 1 COLUMN: 69- 69

1131	30.6%	(1) FULL TIME
641	17.3%	(2) PART TIME
1353	36.6%	(3) HOME DUTIES
574	15.5%	(4) DONT WORK

VAR 39 RMIE RESPONDENT MAIN INCOME EARNER /
 LOCATION: 70 FORMAT: F1.0
 CARD NO : 1 COLUMN: 70- 70

IS RESPONDENT MAIN INCOME EARNER OF HOUSEHOLD?

1910	51.6%	(1) YES
1789	48.4%	(2) NO

VAR 40 MIEOCC MAIN INCOME EARNER'S OCCUPATION /
 LOCATION: 71 FORMAT: A1
 CARD NO : 1 COLUMN: 71- 71

189	5.1%	(1) PROFESSIONAL
165	4.5%	(2) MANAGER
113	3.1%	(3) SMALL BUSINESS OWNER
1166	31.5%	(4) WHITE COLLAR WORKER
865	23.4%	(5) SKILLED MANUAL
626	16.9%	(6) SEMI-SKILLED
200	5.4%	(7) UNSKILLED NOT FARM
200	5.4%	(8) FARMER, ETC
47	1.3%	(9) FARM WORKER, ETC
91	2.5%	(10) HOUSEWIFE, RET, UNEMP
14	0.4%	(11) PENSIONER
23	0.6%	(12) SERVICEMAN

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER

DEMOGRAPHIC VARIABLES

- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL
- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER, ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (11) PENSIONER, NO PREVIOUS OCCUPATION
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

VAR 41 MIEINC INCOME OF MAIN INCOME EARNER /
LOCATION: 72 FORMAT: A1
CARD NO : 1 COLUMN: 72- 72

54	1.5%	(1) UNDER \$6,000
89	2.4%	(2) \$6,000 TO 7,999
374	10.1%	(3) \$8,000 TO 9,999
339	9.2%	(4) \$10,000 TO 11,999
467	12.6%	(5) \$12,000 TO 14,999
631	17.1%	(6) \$15,000 TO 19,999
612	16.5%	(7) \$20,000 TO 24,999
509	13.8%	(8) \$25,000 TO 29,999
352	9.5%	(9) \$30,000 TO 34,999
195	5.3%	(10) \$35,000 TO 39,999
77	2.1%	(11) \$40,000 OR MORE

VAR 42 ELECTROL ON FEDERAL ELECTORAL ROLL /
LOCATION: 73 FORMAT: A1
CARD NO : 1 COLUMN: 73- 73

3220	87.1%	(1) YES
479	12.9%	(2) NO

VAR 43 RELIGION /
LOCATION: 74 FORMAT: F1.0
CARD NO : 1 COLUMN: 74- 74

926	25.0%	(1) CATHOLIC
1016	27.5%	(2) ANGLICAN
204	5.5%	(3) PRESBYTERIAN
264	7.1%	(4) UNITING
69	1.9%	(5) BAPTIST
132	3.6%	(6) METHODIST

DEMOGRAPHIC VARIABLES

374	10.1%	(7) OTHER CHRISTIAN
58	1.6%	(8) NONCHRISTIAN
600	16.2%	(9) NO RELIGION
56	1.5%	(10) WOULDN'T SAY

VAR 44 FTWORKRS /
 LOCATION: 75 FORMAT: F1.0
 CARD NO : 1 COLUMN: 75- 75

NUMBER OF (OTHER) FULL TIME WORKERS IN HOUSEHOLD

1657	44.8%	(0) NONE
1539	41.6%	(1) ONE
364	9.8%	(2) TWO
112	3.0%	(3) THREE
23	0.6%	(4) FOUR
4	0.1%	(5) FIVE

VAR 45 PTWORKRS /
 LOCATION: 76 FORMAT: F1.0
 CARD NO : 1 COLUMN: 76- 76

NUMBER OF (OTHER) PART TIME WORKERS IN HOUSEHOLD

3231	87.3%	(0) NONE
428	11.6%	(1) ONE
32	0.9%	(2) TWO
8	0.2%	(3) THREE

VAR 46 TYPDWEL /
 LOCATION: 77 FORMAT: F1.0
 CARD NO : 1 COLUMN: 77- 77

3313	89.6%	(1) SEPARATE HOUSE
100	2.7%	(2) SEMI DETACHED OR TERRACE HOUSE
4	0.1%	(3) FLAT ATTACHED TO SHOP
30	0.8%	(4) VILLA UNIT
223	6.0%	(5) FLAT IN BLOCK
25	0.7%	(6) FLAT - PART OF HOUSE
4	0.1%	(7) OTHER

DEMOGRAPHIC VARIABLES

VAR 47 CITYTYPE SIZE OF CITY OR TOWN /
LOCATION: 78 FORMAT: F1.0
CARD NO : 1 COLUMN: 78- 78

2260 61.1% (0) CAPITAL CITY
94 2.5% (1) UNDER 1000 PEOPLE
261 7.1% (2) 1000 TO 4999
208 5.6% (3) 5000 TO 9999
335 9.1% (4) 10000 TO 24999
147 4.0% (5) 25000 TO 49999
394 10.7% (6) 50000 OR MORE

VAR 48 CARDNO1 CARD NUMBER 1 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 1 COLUMN: 80- 80

VAR 49 STATE2 STATE IDENTIFICATION ON CARD 2 /
LOCATION: 1 FORMAT: A1
CARD NO : 2 COLUMN: 1- 1

VAR 50 IDENINO2 IDENTIFICATION NO ON CARD 2 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 2 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 51 ACTNO1 NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 2 COLUMN: 10- 11

1187 32.1% (0) NO ACTIVITY GIVEN
1094 29.6% (1) WALKING
134 3.6% (2) JOGGING
226 6.1% (3) AEROBICS

ACTIVITY DETAILS FOR FIRST ACTIVITY

79	2.1%	(4) SWIMMING
152	4.1%	(5) BICYCLING
78	2.1%	(6) NETBALL BASKETBALL
144	3.9%	(7) GOLF
133	3.6%	(8) TENNIS
38	1.0%	(9) ATHLETICS
51	1.4%	(10) TABLETENNIS
41	1.1%	(11) SAILING BOATING
150	4.1%	(12) FOOTBALL CRICKET
15	0.4%	(13) SNOW SKIING
5	0.1%	(14) WATER SKIING
10	0.3%	(15) ICE SKATING
27	0.7%	(16) LAWN BOWLS
98	2.6%	(17) SQUASH
37	1.0%	(18) OTHER

VAR 52 NOTIMES1 NO OF TIMES ACTIVITY DONE /
 LOCATION: 12 FORMAT: F2.0
 CARD NO : 2 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
 ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
 DONE (say first activity) IN THE LAST TWO
 WEEKS?

VAR 53 TIME1 TIME TAKEN IN HOURS AND MINUTES /
 LOCATION: 14 FORMAT: F4.0
 CARD NO : 2 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
 IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
 EACH TIME YOU (say activity)?

VAR 54 VIGOR1 LEVEL OF VIGOR /
 LOCATION: 18 FORMAT: F1.0
 CARD NO : 2 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
 SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
 VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
 VIGOROUS?

1187	32.1%	(0) NO ACTIVITY
398	10.8%	(1) VERY VIGOROUS
1207	32.6%	(2) FAIRLY VIGOROUS

ACTIVITY DETAILS FOR FIRST ACTIVITY

712 19.2% (3) NOT VERY VIGOROUS
178 4.8% (4) NOT AT ALL VIGOROUS
17 0.5% (5) CAN'T SAY

VAR 55 SPTCLB1 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 2 COLUMN: 19- 20

VAR 56 HLTHCNT1 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 2 COLUMN: 21- 22

VAR 57 ALONE1 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 2 COLUMN: 23- 24

VAR 58 METVAL1 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 2 COLUMN: 30- 34

See Appendix B

VAR 59 MINUTES1 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 2 COLUMN: 35- 39

(If activity done alone or with friends)
LOOKING AT THE BOTTOM OF THE PINK CARD,
(pause) IN THE LAST TWO WEEKS, WHERE DID YOU
PLAY/GO/DO (say activity) ALONE OR WITH
FRIENDS? JUST SAY THE NUMBER AFTER THE
PLACE. ANYWHERE ELSE?

AT A PUBLIC FACILITY SUCH AS A PUBLIC
SWIMMING POOL, A PUBLIC TENNIS COURT,
PUBLIC BASKETBALL COURT OR A PUBLIC
GOLF COURSE

ACTIVITY DETAILS FOR FIRST ACTIVITY

AT A GYMNASIUM OR COMMUNITY CENTRE
AT A SCHOOL, UNIVERSITY OR OTHER TERTIARY
EDUCATION FACILITY
AT A PRIVATE HOME
ON A FOOTPATH OR ROADWAY
ON A CYCLE PATH
AT A NATURE RESERVE OR A FOREST OR ON A
MOUNTAIN
AT A BEACH, RIVER, DAM OR LAKE
SOMEWHERE ELSE (PLEASE DESCRIBE IT)
AT A LOCAL PARK OR GARDEN
CAN'T SAY

VAR 60 PUBLIC1 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 2 COLUMN: 41- 41

3443 93.1% (0) NO
256 6.9% (1) YES

VAR 61 GYM1 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 2 COLUMN: 42- 42

3591 97.1% (0) NO
108 2.9% (2) YES

VAR 62 SCHOOL1 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 2 COLUMN: 43- 43

3605 97.5% (0) NO
94 2.5% (3) YES

VAR 63 ATHOME1 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 2 COLUMN: 44- 44

3486 94.2% (0) NO
213 5.8% (4) YES

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 64 FOOTPTH1 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 2 COLUMN: 45- 45

2729 73.8% (0) NO
970 26.2% (5) YES

VAR 65 CYCLPTH1 ON A CYCLE PATHWAY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 2 COLUMN: 46- 46

3651 98.7% (0) NO
48 1.3% (6) YES

VAR 66 NATURE1 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 2 COLUMN: 47- 47

3615 97.7% (0) NO
84 2.3% (7) YES

VAR 67 BEACH1 AT BEACH, RIVER, DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 2 COLUMN: 48- 48

3578 96.7% (0) NO
121 3.3% (8) YES

VAR 68 OTHRPLC1 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 2 COLUMN: 49- 49

3652 98.7% (0) NO
47 1.3% (9) YES

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 69 PARK1 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 2 COLUMN: 50- 50

3553 96.1% (0) NO
146 3.9% (1) YES

VAR 70 CANSAY1 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 2 COLUMN: 51- 51

3597 97.2% (0) NO
102 2.8% (2) YES

VAR 71 CARDNO2 CARD NUMBER 2 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 2 COLUMN: 80- 80

VAR 72 STATE3 STATE IDENTIFICATION ON CARD 3 /
LOCATION: 1 FORMAT: A1
CARD NO : 3 COLUMN: 1- 1

VAR 73 IDENINO3 IDENTIFICATION NO ON CARD 3 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 3 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 74 ACTINO2 NAME OF SECOND ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 3 COLUMN: 10- 11

2555 69.1% (0) NO ACTIVITY GIVEN
225 6.1% (1) WALKING
147 4.0% (2) JOGGING
239 6.5% (3) AEROBICS

ACTIVITY DETAILS OF SECOND ACTIVITY

53	1.4%	(4)	SWIMMING
112	3.0%	(5)	BICYCLING
39	1.1%	(6)	NETBALL BASKETBALL
49	1.3%	(7)	GOLF
39	1.1%	(8)	TENNIS
8	0.2%	(9)	ATHLETICS
17	0.5%	(10)	TABLETENNIS
15	0.4%	(11)	SAILING BOATING
72	1.9%	(12)	FOOTBALL CRICKET
18	0.5%	(13)	SNOW SKIING
1	0.0%	(14)	WATER SKIING
5	0.1%	(15)	ICE SKATING
11	0.3%	(16)	LAWN BOWLS
50	1.4%	(17)	SQUASH
44	1.2%	(18)	OTHER

VAR 75 NOTIMES2 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 3 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say second activity) IN THE LAST TWO
WEEKS?

VAR 76 TIME2 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 3 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 77 VIGOR2 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 3 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

ACTIVITY DETAILS OF SECOND ACTIVITY

2555	69.1%	(0) NO ACTIVITY
283	7.7%	(1) VERY VIGOROUS
493	13.3%	(2) FAIRLY VIGOROUS
300	8.1%	(3) NOT VERY VIGOROUS
48	1.3%	(4) NOT AT ALL VIGOROUS
20	0.5%	(5) CAN'T SAY

VAR	78	SPICLB2	NO OF TIMES AT SPORTING CLUB	/
		LOCATION: 19	FORMAT: F2.0	
		CARD NO : 3	COLUMN: 19- 20	

VAR	79	HLTHCNT2	NO OF TIMES AT HEALTH CENTRE	/
		LOCATION: 21	FORMAT: F2.0	
		CARD NO : 3	COLUMN: 21- 22	

VAR	80	ALONE2	NO OF TIMES ALONE OR WITH FRIENDS	/
		LOCATION: 23	FORMAT: F2.0	
		CARD NO : 3	COLUMN: 23- 24	

VAR	81	METVAL2	METABOLIC VALUE OF ACTIVITY	/
		LOCATION: 30	FORMAT: F5.0	
		CARD NO : 3	COLUMN: 30- 34	

See Appendix B

VAR	82	MINUTES2	TOTAL TIME IN MINUTES OF ACTIVITY	/
		LOCATION: 35	FORMAT: F5.0	
		CARD NO : 3	COLUMN: 35- 39	

VAR	83	PUBLIC2	AT PUBLIC FACILITY	/
		LOCATION: 41	FORMAT: F1.0	
		CARD NO : 3	COLUMN: 41- 41	
		3587 97.0%	(0) NO	
		112 3.0%	(1) YES	

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 84 GYM2 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 3 COLUMN: 42- 42

3643 98.5% (0) NO
56 1.5% (2) YES

VAR 85 SCHOOL2 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 3 COLUMN: 43- 43

3652 98.7% (0) NO
47 1.3% (3) YES

VAR 86 ATHOME2 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 3 COLUMN: 44- 44

3536 95.6% (0) NO
163 4.4% (4) YES

VAR 87 FOOTPIH2 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 3 COLUMN: 45- 45

3396 91.8% (0) NO
303 8.2% (5) YES

VAR 88 CYCLPIH2 ON A CYCLE PATHWAY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 3 COLUMN: 46- 46

3675 99.4% (0) NO
24 0.6% (6) YES

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 89 NATURE2 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 3 COLUMN: 47- 47

3655 98.8% (0) NO
44 1.2% (7) YES

VAR 90 BEACH2 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 3 COLUMN: 48- 48

3651 98.7% (0) NO
48 1.3% (8) YES

VAR 91 OTHRPLC2 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 3 COLUMN: 49- 49

3678 99.4% (0) NO
21 0.6% (9) YES

VAR 92 PARK2 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 3 COLUMN: 50- 50

3643 98.5% (0) NO
56 1.5% (1) YES

VAR 93 CANTSAY2 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 3 COLUMN: 51- 51

3652 98.7% (0) NO
47 1.3% (2) YES

VAR 94 CARDNO3 CARD NUMBER 3 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 3 COLUMN: 80- 80

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 95 STATE4 STATE IDENTIFICATION ON CARD 4 /
LOCATION: 1 FORMAT: A1
CARD NO : 4 COLUMN: 1- 1

VAR 96 IDENINO4 IDENTIFICATION NO ON CARD 4 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 4 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 97 ACTINO3 NAME OF THIRD ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 4 COLUMN: 10- 11

3214	86.9%	(0) NO ACTIVITY GIVEN
80	2.2%	(1) WALKING
74	2.0%	(2) JOGGING
97	2.6%	(3) AEROBICS
33	0.9%	(4) SWIMMING
43	1.2%	(5) BICYCLING
16	0.4%	(6) NETBALL BASKETBALL
18	0.5%	(7) GOLF
28	0.8%	(8) TENNIS
7	0.2%	(9) ATHLETICS
9	0.2%	(10) TABLETENNIS
7	0.2%	(11) SAILING BOATING
31	0.8%	(12) FOOTBALL CRICKET
3	0.1%	(13) SNOW SKIING
1	0.0%	(14) WATER SKIING
4	0.1%	(15) ICE SKATING
26	0.7%	(17) SQUASH
8	0.2%	(18) OTHER

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 98 NOTIMES3 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 4 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say third activity) IN THE LAST TWO
WEEKS?

VAR 99 TIME3 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 4 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 100 VIGOR3 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 4 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3214	86.9%	(0) NO ACTIVITY
127	3.4%	(1) VERY VIGOROUS
217	5.9%	(2) FAIRLY VIGOROUS
118	3.2%	(3) NOT VERY VIGOROUS
17	0.5%	(4) NOT AT ALL VIGOROUS
6	0.2%	(5) CAN'T SAY

VAR 101 SPICLB3 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 4 COLUMN: 19- 20

VAR 102 HLTHCNT3 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 4 COLUMN: 21- 22

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 103 ALONE3 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 4 COLUMN: 23- 24

VAR 104 METVAL3 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 4 COLUMN: 30- 34

See Appendix B

VAR 105 MINUTES3 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 4 COLUMN: 35- 39

VAR 106 PUBLIC3 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 4 COLUMN: 41- 41

3655 98.8% (0) NO
44 1.2% (1) YES

VAR 107 GYM3 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 4 COLUMN: 42- 42

3669 99.2% (0) NO
30 0.8% (2) YES

VAR 108 SCHOOL3 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 4 COLUMN: 43- 43

3677 99.4% (0) NO
22 0.6% (3) YES

ACTIVITY DETAILS OF THIRD ACTIVITY

WAR 109 ATHOME3 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 4 COLUMN: 44- 44

3633 98.2% (0) NO
66 1.8% (4) YES

WAR 110 FOOTPTH3 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 4 COLUMN: 45- 45

3576 96.7% (0) NO
123 3.3% (5) YES

WAR 111 CYCLPTH3 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 4 COLUMN: 46- 46

3687 99.7% (0) NO
12 0.3% (6) YES

WAR 112 NATURE3 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 4 COLUMN: 47- 47

3685 99.6% (0) NO
14 0.4% (7) YES

WAR 113 BEACH3 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 4 COLUMN: 48- 48

3680 99.5% (0) NO
19 0.5% (8) YES

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 114 OTHRPLC3 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 4 COLUMN: 49- 49

3695 99.9% (0) NO
4 0.1% (9) YES

VAR 115 PARK3 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 4 COLUMN: 50- 50

3680 99.5% (0) NO
19 0.5% (1) YES

VAR 116 CANTSAY3 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 4 COLUMN: 51- 51

3682 99.5% (0) NO
17 0.5% (2) YES

VAR 117 CARDNO4 CARD NUMBER 4 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 4 COLUMN: 80- 80

VAR 118 STATES STATE IDENTIFICATION ON CARD 5 /
LOCATION: 1 FORMAT: A1
CARD NO : 5 COLUMN: 1- 1

VAR 119 IDENINO5 IDENTIFICATION NO ON CARD 5 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 5 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 120	ACTNO4	NAME OF FOURTH ACTIVITY LISTED	/
	LOCATION: 10	FORMAT: F2.0	
	CARD NO : 5	COLUMN: 10- 11	
3499	94.6%	(0) NO ACTIVITY GIVEN	
33	0.9%	(1) WALKING	
16	0.4%	(2) JOGGING	
40	1.1%	(3) AEROBICS	
8	0.2%	(4) SWIMMING	
23	0.6%	(5) BICYCLING	
10	0.3%	(6) NETBALL BASKETBALL	
4	0.1%	(7) GOLF	
5	0.1%	(8) TENNIS	
5	0.1%	(9) ATHLETICS	
13	0.4%	(10) TABLETENNIS	
2	0.1%	(11) SAILING BOATING	
18	0.5%	(12) FOOTBALL CRICKET	
3	0.1%	(13) SNOW SKIING	
1	0.0%	(14) WATER SKIING	
2	0.1%	(15) ICE SKATING	
5	0.1%	(17) SQUASH	
12	0.3%	(18) OTHER	

VAR 121	NOTIMES4	NO OF TIMES ACTIVITY DONE	/
	LOCATION: 12	FORMAT: F2.0	
	CARD NO : 5	COLUMN: 12- 13	

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say fourth activity) IN THE LAST TWO
WEEKS?

VAR 122	TIME4	TIME TAKEN IN HOURS AND MINUTES	/
	LOCATION: 14	FORMAT: F4.0	
	CARD NO : 5	COLUMN: 14- 17	

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 123 VIGOR4 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 5 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3499	94.6%	(0) NO ACTIVITY
64	1.7%	(1) VERY VIGOROUS
84	2.3%	(2) FAIRLY VIGOROUS
43	1.2%	(3) NOT VERY VIGOROUS
4	0.1%	(4) NOT AT ALL VIGOROUS
5	0.1%	(5) CAN'T SAY

VAR 124 SPICLB4 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 5 COLUMN: 19- 20

VAR 125 HLTHCNT4 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 5 COLUMN: 21- 22

VAR 126 ALONE4 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 5 COLUMN: 23- 24

VAR 127 METVAL4 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 5 COLUMN: 30- 34

See Appendix B

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 128 MINUTES4 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 5 COLUMN: 35- 39

VAR 129 PUBLIC4 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 5 COLUMN: 41- 41

3678 99.4% (0) NO
21 0.6% (1) YES

VAR 130 GYM4 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 5 COLUMN: 42- 42

3692 99.8% (0) NO
7 0.2% (2) YES

VAR 131 SCHOOL4 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 5 COLUMN: 43- 43

3678 99.4% (0) NO
21 0.6% (3) YES

VAR 132 ATHOME4 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 5 COLUMN: 44- 44

3678 99.4% (0) NO
21 0.6% (4) YES

VAR 133 FOOTPTH4 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 5 COLUMN: 45- 45

3653 98.8% (0) NO
46 1.2% (5) YES

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 134 CYCLPTH4 ON A CYCLE PATHWAY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 5 COLUMN: 46- 46

3694 99.9% (0) NO
5 0.1% (6) YES

VAR 135 NATURE4 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 5 COLUMN: 47- 47

3695 99.9% (0) NO
4 0.1% (7) YES

VAR 136 BEACH4 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 5 COLUMN: 48- 48

3690 99.8% (0) NO
9 0.2% (8) YES

VAR 137 OTHRPLC4 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 5 COLUMN: 49- 49

3694 99.9% (0) NO
5 0.1% (9) YES

VAR 138 PARK4 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 5 COLUMN: 50- 50

3690 99.8% (0) NO
9 0.2% (1) YES

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 139 CANTSAY4 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 5 COLUMN: 51- 51

3694 99.9% (0) NO
5 0.1% (2) YES

VAR 140 CARDNO5 CARD NUMBER 5 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 5 COLUMN: 80- 80

VAR 141 STATE6 STATE IDENTIFICATION ON CARD 6 /
LOCATION: 1 FORMAT: A1
CARD NO : 6 COLUMN: 1- 1

VAR 142 IDENTNO6 IDENTIFICATION NO ON CARD 6 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 6 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 143 ACTNO5 NAME OF FIFTH ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 6 COLUMN: 10- 11

3618 97.8% (0) NO ACTIVITY GIVEN
13 0.4% (1) WALKING
8 0.2% (2) JOGGING
7 0.2% (3) AEROBICS
1 0.0% (4) SWIMMING
10 0.3% (5) BICYCLING
3 0.1% (6) NETBALL BASKETBALL
8 0.2% (7) GOLF
4 0.1% (8) TENNIS

ACTIVITY DETAILS OF FIFTH ACTIVITY

3	0.1%	(9) ATHLETICS
3	0.1%	(10) TABLETENNIS
12	0.3%	(12) FOOTBALL CRICKET
4	0.1%	(13) SNOW SKIING
1	0.0%	(15) ICE SKATING
4	0.1%	(17) SQUASH

VAR 144 NOTIMES5 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 6 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say fifth activity) IN THE LAST TWO
WEEKS?

VAR 145 TIMES5 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 6 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 146 VIGORS LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 6 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3618	97.8%	(0) NO ACTIVITY
32	0.9%	(1) VERY VIGOROUS
28	0.8%	(2) FAIRLY VIGOROUS
17	0.5%	(3) NOT VERY VIGOROUS
3	0.1%	(4) NOT AT ALL VIGOROUS
1	0.0%	(5) CAN'T SAY

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 147 SPICLB5 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 6 COLUMN: 19- 20

VAR 148 HLTHCNT5 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 6 COLUMN: 21- 22

VAR 149 ALONES NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 6 COLUMN: 23- 24

VAR 150 METVAL5 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 6 COLUMN: 30- 34

See Appendix B

VAR 151 MINUTES5 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 6 COLUMN: 35- 39

VAR 152 PUBLIC5 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 6 COLUMN: 41- 41

3689 99.7% (0) NO
10 0.3% (1) YES

VAR 153 GYM5 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 6 COLUMN: 42- 42

3695 99.9% (0) NO
4 0.1% (2) YES

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 154 SCHOOLS AT SCHOOL OR UNIVERSITY /
 LOCATION: 43 FORMAT: F1.0
 CARD NO : 6 COLUMN: 43- 43

 3691 99.8% (0) NO
 8 0.2% (3) YES

VAR 155 ATHOME5 AT A PRIVATE HOUSE /
 LOCATION: 44 FORMAT: F1.0
 CARD NO : 6 COLUMN: 44- 44

 3691 99.8% (0) NO
 8 0.2% (4) YES

VAR 156 FOOTPATH5 ON FOOTPATH OR ROADWAY /
 LOCATION: 45 FORMAT: F1.0
 CARD NO : 6 COLUMN: 45- 45

 3680 99.5% (0) NO
 19 0.5% (5) YES

VAR 157 CYCLPATH5 ON A CYCLE PATHWAY /
 LOCATION: 46 FORMAT: F1.0
 CARD NO : 6 COLUMN: 46- 46

 3699 100.0% (0) NO

VAR 158 NATURE5 AT NATURE RESERVE OR FOREST /
 LOCATION: 47 FORMAT: F1.0
 CARD NO : 6 COLUMN: 47- 47

 3695 99.9% (0) NO
 4 0.1% (7) YES

VAR 159 BEACH5 AT BEACH, RIVER, DAM OR LAKE /
 LOCATION: 48 FORMAT: F1.0
 CARD NO : 6 COLUMN: 48- 48

 3696 99.9% (0) NO
 3 0.1% (8) YES

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 160 OTHRPLC5 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 6 COLUMN: 49- 49

3699 100.0% (0) NO

VAR 161 PARK5 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 6 COLUMN: 50- 50

3696 99.9% (0) NO
3 0.1% (1) YES

VAR 162 CANTSAY5 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 6 COLUMN: 51- 51

3694 99.9% (0) NO
5 0.1% (2) YES

VAR 163 CARDNO6 CARD NUMBER 6 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 6 COLUMN: 80- 80

VAR 164 STATE7 STATE IDENTIFICATION ON CARD 7 /
LOCATION: 1 FORMAT: A1
CARD NO : 7 COLUMN: 1- 1

VAR 165 IDENINO7 IDENTIFICATION NO ON CARD 7 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 7 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 166 ACTNO6 NAME OF SIXTH ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 7 COLUMN: 10- 11

3673	99.3%	(0) NO ACTIVITY GIVEN
4	0.1%	(1) WALKING
3	0.1%	(2) JOGGING
1	0.0%	(4) SWIMMING
1	0.0%	(5) BICYCLING
1	0.0%	(7) GOLF
1	0.0%	(8) TENNIS
2	0.1%	(9) ATHLETICS
3	0.1%	(10) TABLE TENNIS
1	0.0%	(11) SAILING BOATING
5	0.1%	(12) FOOTBALL CRICKET
3	0.1%	(17) SQUASH
1	0.0%	(18) OTHER

VAR 167 NOTIMES6 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 7 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say sixth activity) IN THE LAST TWO
WEEKS?

VAR 168 TIME6 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 7 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 169 VIGOR6 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 7 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3673	99.3%	(0) NO ACTIVITY
13	0.4%	(1) VERY VIGOROUS
8	0.2%	(2) FAIRLY VIGOROUS
3	0.1%	(3) NOT VERY VIGOROUS
1	0.0%	(4) NOT AT ALL VIGOROUS
1	0.0%	(5) CANT SAY

VAR 170 SPICLB6 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 7 COLUMN: 19- 20

VAR 171 HLTHCNT6 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 7 COLUMN: 21- 22

VAR 172 ALONE6 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 7 COLUMN: 23- 24

VAR 173 METVAL6 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 7 COLUMN: 30- 34

See Appendix B

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 174	MINUTES6	TOTAL TIME IN MINUTES OF ACTIVITY	/
	LOCATION: 35	FORMAT: F5.0	
	CARD NO : 7	COLUMN: 35- 39	

VAR 175	PUBLIC6	AT PUBLIC FACILITY	/
	LOCATION: 41	FORMAT: F1.0	
	CARD NO : 7	COLUMN: 41- 41	
	3695 99.9%	(0) NO	
	4 0.1%	(1) YES	

VAR 176	GYM6	AT GYMNASIUM OR COMMUNITY CENTRE	/
	LOCATION: 42	FORMAT: F1.0	
	CARD NO : 7	COLUMN: 42- 42	
	3695 99.9%	(0) NO	
	4 0.1%	(2) YES	

VAR 177	SCHOOL6	AT SCHOOL OR UNIVERSITY	/
	LOCATION: 43	FORMAT: F1.0	
	CARD NO : 7	COLUMN: 43- 43	
	3698 100.0%	(0) NO	
	1 0.0%	(3) YES	

VAR 178	ATHOME6	AT A PRIVATE HOUSE	/
	LOCATION: 44	FORMAT: F1.0	
	CARD NO : 7	COLUMN: 44- 44	
	3698 100.0%	(0) NO	
	1 0.0%	(4) YES	

VAR 179	FOOTPTH6	ON FOOTPATH OR ROADWAY	/
	LOCATION: 45	FORMAT: F1.0	
	CARD NO : 7	COLUMN: 45- 45	
	3694 99.9%	(0) NO	
	5 0.1%	(5) YES	

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 180 CYCLPTH6 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 7 COLUMN: 46- 46

3698 100.0% (0) NO
1 0.0% (6) YES

VAR 181 NATURE6 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 7 COLUMN: 47- 47

3698 100.0% (0) NO
1 0.0% (7) YES

VAR 182 BEACH6 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 7 COLUMN: 48- 48

3696 99.9% (0) NO
3 0.1% (8) YES

VAR 183 OTHRPLC6 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 7 COLUMN: 49- 49

3699 100.0% (0) NO

VAR 184 PARK6 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 7 COLUMN: 50- 50

3698 100.0% (0) NO
1 0.0% (1) YES

VAR 185 CANTISAY6 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 7 COLUMN: 51- 51

3699 100.0% (0) NO

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 186 CARDNO7 CARD NUMBER 7 /
 LOCATION: 80 FORMAT: F1.0
 CARD NO : 7 COLUMN: 80- 80

VAR 187 STATES STATE IDENTIFICATION ON CARD 8 /
 LOCATION: 1 FORMAT: A1
 CARD NO : 8 COLUMN: 1- 1

VAR 188 IDENTNO8 IDENTIFICATION NO ON CARD 8 /
 LOCATION: 2 FORMAT: F8.0
 CARD NO : 8 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 189. ACTNO7 NAME OF SEVENTH ACTIVITY LISTED /
 LOCATION: 10 FORMAT: F2.0
 CARD NO : 8 COLUMN: 10- 11

3687	99.7%	(0) NO ACTIVITY GIVEN
1	0.0%	(1) WALKING
1	0.0%	(3) AEROBICS
1	0.0%	(5) BICYCLING
1	0.0%	(6) NETBALL BASKETBALL
1	0.0%	(11) SAILING BOATING
5	0.1%	(12) FOOTBALL CRICKET
1	0.0%	(17) SQUASH
1	0.0%	(18) OTHER

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 190 NOTIMES7 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 8 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say seventh activity) IN THE LAST TWO
WEEKS?

VAR 191 TIME7 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 8 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 192 VIGOR7 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 8 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3687	99.7%	(0) NO ACTIVITY
9	0.2%	(1) VERY VIGOROUS
2	0.1%	(2) FAIRLY VIGOROUS
1	0.0%	(3) NOT VERY VIGOROUS

VAR 193 SPTCLB7 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 8 COLUMN: 19- 20

VAR 194 HLTHCNT7 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 8 COLUMN: 21- 22

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 195 ALONE7 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 8 COLUMN: 23- 24

VAR 196 METVAL7 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 8 COLUMN: 30- 34

See Appendix B

VAR 197 MINUTES7 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 8 COLUMN: 35- 39

VAR 198 PUBLIC7 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 8 COLUMN: 41- 41

3698 100.0% (0) NO
1 0.0% (1) YES

VAR 199 GYM7 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 8 COLUMN: 42- 42

3699 100.0% (0) NO

VAR 200 SCHOOL7 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 8 COLUMN: 43- 43

3697 99.9% (0) NO
2 0.1% (3) YES

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 201 ATHOME7 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 8 COLUMN: 44- 44

3698 100.0% (0) NO
1 0.0% (4) YES

VAR 202 FOOTPTH7 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 8 COLUMN: 45- 45

3698 100.0% (0) NO
1 0.0% (5) YES

VAR 203 CYCLPTH7 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 8 COLUMN: 46- 46

3698 100.0% (0) NO
1 0.0% (6) YES

VAR 204 NATURE7 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 8 COLUMN: 47- 47

3699 100.0% (0) NO

VAR 205 BEACH7 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 8 COLUMN: 48- 48

3698 100.0% (0) NO
1 0.0% (8) YES

VAR 206 OTHRPLC7 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 8 COLUMN: 49- 49

3699 100.0% (0) NO

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 207 PARK7 AT LOCAL PARK OR GARDEN /
 LOCATION: 50 FORMAT: F1.0
 CARD NO : 8 COLUMN: 50- 50

 3699 100.0% (0) NO

VAR 208 CANTSAY7 CAN'T SAY /
 LOCATION: 51 FORMAT: F1.0
 CARD NO : 8 COLUMN: 51- 51

 3699 100.0% (0) NO

VAR 209 CARDNO8 CARD NUMBER 8 /
 LOCATION: 80 FORMAT: F1.0
 CARD NO : 8 COLUMN: 80- 80

VAR 210 STATE9 STATE IDENTIFICATION ON CARD 9 /
 LOCATION: 1 FORMAT: A1
 CARD NO : 9 COLUMN: 1- 1

VAR 211 IDENINO9 IDENTIFICATION NO ON CARD 9 /
 LOCATION: 2 FORMAT: F8.0
 CARD NO : 9 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

TYPES OF ACTIVITIES DONE

The following activity variables give the
number of respondents participating in
each particular activity.

TYPES OF ACTIVITIES DONE

VAR 212 WALK WALKED FOR EXERCISE /
LOCATION: 10 FORMAT: F1.0
CARD NO : 9 COLUMN: 10- 10

2249 60.8% (0) NO
1450 39.2% (1) YES

VAR 213 JOG JOGGED FOR EXERCISE /
LOCATION: 11 FORMAT: F1.0
CARD NO : 9 COLUMN: 11- 11

3318 89.7% (0) NO
381 10.3% (2) YES

VAR 214 AEROBICS DID AEROBICS FOR EXERCISE /
LOCATION: 12 FORMAT: F1.0
CARD NO : 9 COLUMN: 12- 12

3093 83.6% (0) NO
606 16.4% (3) YES

VAR 215 SWIM SWAM FOR EXERCISE /
LOCATION: 13 FORMAT: F1.0
CARD NO : 9 COLUMN: 13- 13

3524 95.3% (0) NO
175 4.7% (4) YES

VAR 216 BICYCLE BICYCLED FOR EXERCISE /
LOCATION: 14 FORMAT: F1.0
CARD NO : 9 COLUMN: 14- 14

3357 90.8% (0) NO
342 9.2% (5) YES

TYPES OF ACTIVITIES DONE

VAR 217 NETBALL PLAYED NETBALL FOR EXERCISE /
LOCATION: 15 FORMAT: F1.0
CARD NO : 9 COLUMN: 15- 15

3555 96.1% (0) NO
144 3.9% (6) YES

VAR 218 GOLF PLAYED GOLF FOR EXERCISE /
LOCATION: 16 FORMAT: F1.0
CARD NO : 9 COLUMN: 16- 16

3475 93.9% (0) NO
224 6.1% (7) YES

VAR 219 TENNIS PLAYED TENNIS FOR EXERCISE /
LOCATION: 17 FORMAT: F1.0
CARD NO : 9 COLUMN: 17- 17

3489 94.3% (0) NO
210 5.7% (8) YES

VAR 220 ATHLETIC DID ATHLETICS FOR EXERCISE /
LOCATION: 18 FORMAT: F1.0
CARD NO : 9 COLUMN: 18- 18

3636 98.3% (0) NO
63 1.7% (9) YES

VAR 221 NOACTIV NO ACTIVITIES /
LOCATION: 19 FORMAT: F1.0
CARD NO : 9 COLUMN: 19- 19

2512 67.9% (0) NO
1187 32.1% (1) YES

VAR 222 TABTENIS PLAYED TABLE TENNIS /
LOCATION: 24 FORMAT: F1.0
CARD NO : 9 COLUMN: 24- 24

3604 97.4% (0) NO
95 2.6% (1) YES

TYPES OF ACTIVITIES DONE

VAR 223 SAILING WENT SAILING FOR EXERCISE /
LOCATION: 25 FORMAT: F1.0
CARD NO : 9 COLUMN: 25- 25

3632 98.2% (0) NO
67 1.8% (2) YES

VAR 224 FOOTBALL FOOTBALL OR CRICKET /
LOCATION: 26 FORMAT: F1.0
CARD NO : 9 COLUMN: 26- 26

3419 92.4% (0) NO
280 7.6% (3) YES

VAR 225 SNOWSKI SNOWSKIING /
LOCATION: 27 FORMAT: F1.0
CARD NO : 9 COLUMN: 27- 27

3656 98.8% (0) NO
43 1.2% (4) YES

VAR 226 WATERSKI WATERSKIING /
LOCATION: 28 FORMAT: F1.0
CARD NO : 9 COLUMN: 28- 28

3691 99.8% (0) NO
8 0.2% (5) YES

VAR 227 ICESKATE ICESKATING /
LOCATION: 29 FORMAT: F1.0
CARD NO : 9 COLUMN: 29- 29

3677 99.4% (0) NO
22 0.6% (6) YES

TYPES OF ACTIVITIES DONE

VAR 228 BOWLS LAWN BOWLS /
LOCATION: 30 FORMAT: F1.0
CARD NO : 9 COLUMN: 30- 30

3661 99.0% (0) NO
38 1.0% (7) YES

VAR 229 SQUASH PLAY SQUASH /
LOCATION: 31 FORMAT: F1.0
CARD NO : 9 COLUMN: 31- 31

3512 94.9% (0) NO
187 5.1% (8) YES

VAR 230 OTHERSP OTHER SPORT /
LOCATION: 32 FORMAT: F1.0
CARD NO : 9 COLUMN: 32- 32

3603 97.4% (0) NONE
96 2.6% (9) YES

REASONS WHY NOT PHYSICALLY ACTIVE

ON THE BOTTOM HALF OF THE WHITE CARD ARE SOME REASONS PEOPLE HAVE FOR NOT BEING PHYSICALLY ACTIVE. (pause) WHICH, IF ANY, OF THOSE APPLY TO YOU? JUST SAY THE NUMBER AT THE END OF THE LINE. WHICH OTHERS? ANY OTHERS? (Circle for all mentioned).

- I DON'T WANT TO BE PHYSICALLY ACTIVE
- I HAVE TRIED PHYSICAL ACTIVITIES BUT FIND IT DIFFICULT TO CONTINUE THEM
- I HAVE NO CHANCE TO DO PHYSICAL ACTIVITIES
- I DON'T HAVE ENOUGH FREE TIME
- I DON'T HAVE ANY TRANSPORT
- I NEED MORE ENCOURAGEMENT

REASONS WHY NOT PHYSICALLY ACTIVE

I AM PHYSICALLY UNABLE TO DO ANY PHYSICAL
ACTIVITIES

THERE ARE NO FACILITIES NEAR WHERE I LIVE
SOME OTHER REASON? (PLEASE DESCRIBE IT)

VAR 231 DONTWANT DON'T WANT TO BE ACTIVE /
LOCATION: 38 FORMAT: F1.0
CARD NO : 9 COLUMN: 38- 38

3537 95.6% (0) NO
162 4.4% (1) YES

VAR 232 TOOHARD HAVE TRIED BUT FIND DIFFICULT /
LOCATION: 39 FORMAT: F1.0
CARD NO : 9 COLUMN: 39- 39

3637 98.3% (0) NO
62 1.7% (2) YES

VAR 233 NOCHANCE NO CHANCE TO DO ACTIVITIES /
LOCATION: 40 FORMAT: F1.0
CARD NO : 9 COLUMN: 40- 40

3630 98.1% (0) NO
69 1.9% (3) YES

VAR 234 NOTIME NOT ENOUGH FREE TIME /
LOCATION: 41 FORMAT: F1.0
CARD NO : 9 COLUMN: 41- 41

3205 86.6% (0) NO
494 13.4% (4) YES

VAR 235 NOTRANS DON'T HAVE TRANSPORT /
LOCATION: 42 FORMAT: F1.0
CARD NO : 9 COLUMN: 42- 42

3675 99.4% (0) NO
24 0.6% (5) YES

REASONS WHY NOT PHYSICALLY ACTIVE

VAR 236 MORENCOR NEED MORE ENCOURAGEMENT /
LOCATION: 43 FORMAT: F1.0
CARD NO : 9 COLUMN: 43- 43

3590 97.1% (0) NO
109 2.9% (6) YES

VAR 237 UNABLE PHYSICALLY UNABLE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 9 COLUMN: 44- 44

3410 92.2% (0) NO
289 7.8% (7) YES

VAR 238 NOFACILS NO FACILITIES NEARBY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 9 COLUMN: 45- 45

3674 99.3% (0) NO
25 0.7% (8) YES

VAR 239 ANYOTHER OTHER REASON /
LOCATION: 46 FORMAT: F1.0
CARD NO : 9 COLUMN: 46- 46

3650 98.7% (0) NO
49 1.3% (9) YES

VAR 240 NONE /
LOCATION: 47 FORMAT: F1.0
CARD NO : 9 COLUMN: 47- 47

3653 98.8% (0) NO
46 1.2% (1) YES

REASONS WHY NOT PHYSICALLY ACTIVE

VAR 241 ATWORK EXERCISE AT WORK /
 LOCATION: 48 FORMAT: FL.0
 CARD NO : 9 COLUMN: 48- 48

3661 99.0% (0) NO
 38 1.0% (2) YES

REGULAR PHYSICAL EXERCISE

VAR 242 DAYSEXCS NO DAYS EXERCISE EACH WEEK /
 LOCATION: 50 FORMAT: A1
 CARD NO : 9 COLUMN: 50- 50

NEXT, ABOUT REGULAR PHYSICAL EXERCISE.
 APART FROM SPORT (AND YOUR JOB) DO YOU DO
 ANY REGULAR PHYSICAL EXERCISE, TO HELP
 YOU KEEP FIT?
 (If yes) HOW MANY DAYS A WEEK DO YOU EXERCISE?

47 1.3% (0) LESS THAN ONE DAY
 182 4.9% (1) ONE DAY
 269 7.3% (2) TWO DAYS
 266 7.2% (3) THREE DAYS
 119 3.2% (4) FOUR DAYS
 110 3.0% (5) FIVE DAY
 32 0.9% (6) SIX DAYS
 554 15.0% (7) SEVEN DAYS
 78 2.1% (8) CAN'T SAY
 2042 55.2% (9) DON'T DO REGULAR EXERCISE

VAR 243 TYPEEXCS TYPE OF EXERCISE /
 LOCATION: 51 FORMAT: A1
 CARD NO : 9 COLUMN: 51- 51

AND IS THAT EXERCISE USUALLY JOGGING, RUNNING
 WALKING, CYCLING, SWIMMING, OR EXERCISE AT
 HOME, OR EXERCISE AT A HEALTH CLUB, OR
 SOMETHING ELSE?

156 4.2% (0) JOGGING
 105 2.8% (1) RUN
 532 14.4% (2) WALK
 148 4.0% (3) CYCLE

REGULAR PHYSICAL EXERCISE

89	2.4%	(4) SWIM
219	5.9%	(5) AT HOME
153	4.1%	(6) HEALTH CLUB
199	5.4%	(7) OTHER
17	0.5%	(8) CAN'T SAY
20	0.5%	(9) GOLF
19	0.5%	(10) SQUASH
2042	55.2%	(13) MISSING

Columns 52 - 63 contain the sexes and ages of children within the household.

CHILDREN OF THE HOUSEHOLD

VAR 244 BOY02 BOY 0-2 YEARS /
 LOCATION: 52 FORMAT: F1.0
 CARD NO : 9 COLUMN: 52- 52
 3415 92.3% (0) NOT APPLICABLE
 284 7.7% (1) BOY 0-2 YEARS

VAR 245 BOY35 BOY 3-5 YEARS /
 LOCATION: 53 FORMAT: F1.0
 CARD NO : 9 COLUMN: 53- 53
 3410 92.2% (0) NOT APPLICABLE
 289 7.8% (2) BOY 3-5 YEARS

VAR 246 BOY68 BOY 6-8 YEARS /
 LOCATION: 54 FORMAT: F1.0
 CARD NO : 9 COLUMN: 54- 54
 3425 92.6% (0) NOT APPLICABLE
 274 7.4% (3) BOY 6-8 YEARS

CHILDREN OF THE HOUSEHOLD

VAR 247 BOY911 BOY 9-11 YEARS /
LOCATION: 55 FORMAT: F1.0
CARD NO : 9 COLUMN: 55- 55

3403 92.0% (0) NOT APPLICABLE
296 8.0% (4) BOY 9-11 YEARS

VAR 248 BOY1213 BOY 12-13 YEARS /
LOCATION: 56 FORMAT: F1.0
CARD NO : 9 COLUMN: 56- 56

3466 93.7% (0) NOT APPLICABLE
233 6.3% (5) BOY 12-13 YEARS

VAR 249 BOY1415 BOY 14-15 YEARS /
LOCATION: 57 FORMAT: F1.0
CARD NO : 9 COLUMN: 57- 57

3447 93.2% (0) NOT APPLICABLE
252 6.8% (6) BOY 14-15 YEARS

VAR 250 GIRL02 GIRL 0-2 YEARS /
LOCATION: 58 FORMAT: F1.0
CARD NO : 9 COLUMN: 58- 58

3463 93.6% (0) NOT APPLICABLE
236 6.4% (7) GIRL 0-2 YEARS

VAR 251 GIRL35 GIRL 3-5 YEARS /
LOCATION: 59 FORMAT: F1.0
CARD NO : 9 COLUMN: 59- 59

3385 91.5% (0) NOT APPLICABLE
314 8.5% (8) GIRL 3-5 YEARS

CHILDREN OF THE HOUSEHOLD

VAR 252 GIRL68 GIRL 6-8 YEARS /
LOCATION: 60 FORMAT: F1.0
CARD NO : 9 COLUMN: 60- 60

3424 92.6% (0) NOT APPLICABLE
275 7.4% (9) GIRL 6-8 YEARS

VAR 253 GIRL911 GIRL 9-11 YEARS /
LOCATION: 61 FORMAT: F1.0
CARD NO : 9 COLUMN: 61- 61

3452 93.3% (0) NOT APPLICABLE
247 6.7% (1) GIRL 9-11 YEARS

VAR 254 GIRL1213 GIRL 12-13 YEARS /
LOCATION: 62 FORMAT: F1.0
CARD NO : 9 COLUMN: 62- 62

3491 94.4% (0) NOT APPLICABLE
208 5.6% (2) GIRL 12-13 YEARS

VAR 255 GIRL1415 GIRL 14-15 YEARS /
LOCATION: 63 FORMAT: F1.0
CARD NO : 9 COLUMN: 63- 63

3451 93.3% (0) NOT APPLICABLE
248 6.7% (3) GIRL 14-15 YEARS

WEIGHTING

VAR 256 WEIGHT WEIGHTING FACTOR /
LOCATION: 65 FORMAT: F6.4
CARD NO : 9 COLUMN: 65- 70

Derivation of the weighting factor is explained in the Study Description.

VAR 257 CARDNO9 CARD NUMBER IDENTIFICATION /
LOCATION: 80 FORMAT: F1.0
CARD NO : 9 COLUMN: 80- 80

Data Collected in C.O.T. surveys is subject to a standard edit.

Column	Variable	Code Inserted if Column Blank
41	AGE	14 - 15
42	CTYBIRTH	Australia
43	MARISTAT	Single
44	EDUSTAT	If age 18 - 24 = 4th form Others = some secondary
45	WORKSTAT	Don't work If home duties/don't work, INCOME1, OCCUPAT1 and EMPLOYER = blank
46	INCOME1	Randomly generated by occupation in same distribution as those who gave income
47	OCCUPAT1	Clerk (4)
48	EMPLOYER	Occupations 3 & 8 = self-employed (3) Occupations 4 & 12 = public service (1) 1,2,5,6,7,9 & 10 = private industry (2)
49	TVSETS	One (1)
50	VCR	If no TV = blank If TV = no (3)
51	CHILDREN	No. of punches on Card 9 Columns 52-63
62	ADULTS	Difference between number of children and total If total blank or 0 adults = two
63	PEOPLE	Sum of CHILDREN and ADULTS - maximum 9
64	TELEPHON	No phone
65	SEX	GBSEX if main grocery buyer otherwise MAN(1)
66	GBRESP	No (3)
67	GBSEX	Sex of respondent if main grocery buyer. Otherwise woman (1)
68	GBAGE	Respondent's age
69	GBWORK	Respondent's work status if main grocery buyer Home duties (3) if woman Don't work (4) if man
70	RMIE	Yes (1) if full-time worker No (2) if not full-time worker
71	MIEOCC	Own occupation if main income earner and full- time worker. Otherwise Clerk (4)

Column	Variable	Code Inserted if Column Blank
72	MIEINC	Own income if main income earner and full-time worker. Otherwise randomly generated by occupation in distributions as those who gave income
73	ELECTROL	No (2)
74	RELIGION	Wouldn't say (10)
75	FTWORKRS	None (0)
76	PTWORKRS	None (0)
77	TYPEDWEL	Separate house (1)
78	CITYTYPE	If capital city then (0) Otherwise 10,000 - 24,999 (5)

ESTIMATED METABOLIC COST (METS) OF ACTIVITIES*

	<i>Very Vigorous</i>	<i>Fairly Vigorous</i>	<i>Not Very Vigorous</i>	<i>Not at all Vigorous</i>	<i>Can't Say (Medium)</i>
1. Walking	7	4	2	1	4
2. Jogging	13	10	7	4	10
3. Calisthenics/ Aerobics	12	9	7	4	9
4. Swimming	10	6	3	1	6
5. Bicycling	9	6	3	1	6
6. Netball/Basketball	12	8	4	2	8
7. Golf	4	3	2	1	3
8. Tennis	8	6	4	2	6
9. Athletics	8	6	4	2	6
10. Table Tennis	8	6	4	2	6
11. Sailing/Boating	4	3	2	1	3
12. Cricket/Football/ Soccer/Rugby, etc	12	8	6	4	8
13. Snow Skiing	12	8	6	4	8
14. Water Skiing	12	8	6	4	8
15. Ice Skating	12	8	6	4	8
16. Lawn Bowls	4	3	2	1	2
17. Squash	12	10	8	4	12
18. Other	8	6	4	2	6

* Energy expenditure has been measured in terms of Mets. This is the value of the metabolic energy cost expressed as a multiple of the resting metabolic rate (for example, an activity at 4 Mets, such as walking at medium intensity, requires four times as much energy as when at rest).

Frequencies Addendum



The Australian National University
Canberra 2600

tails of the electorate codes are not available.

ELECTORATE SUBDIVISION

Code	Adj Cum			Code	Adj Cum			Code	Adj Cum		
	Freq	%	%		Freq	%	%		Freq	%	%
100.	20	1	1	269.	10	0	49	483.	10	0	78
101.	30	1	1	280.	7	0	49	487.	10	0	78
102.	70	2	3	281.	50	1	51	501.	10	0	78
103.	10	0	4	282.	40	1	52	502.	30	1	79
104.	19	1	4	283.	20	1	52	503.	19	1	80
105.	10	0	4	284.	32	1	53	504.	10	0	80
110.	10	0	5	285.	10	0	53	506.	10	0	80
120.	40	1	6	286.	10	0	54	520.	20	1	81
121.	50	1	7	300.	50	1	55	521.	10	0	81
122.	60	2	9	301.	30	1	56	522.	10	0	81
123.	20	1	9	302.	64	2	58	525.	10	0	82
124.	60	2	11	303.	10	0	58	526.	20	1	82
125.	10	0	11	304.	21	1	58	527.	29	1	83
140.	30	1	12	320.	50	1	60	542.	10	0	83
141.	30	1	13	321.	10	0	60	543.	20	1	84
142.	77	2	15	322.	10	0	60	544.	10	0	84
144.	30	1	16	324.	20	1	61	546.	10	0	84
145.	30	1	16	330.	10	0	61	560.	17	0	85
155.	10	0	17	331.	10	0	61	562.	9	0	85
160.	40	1	18	340.	10	0	62	564.	10	0	85
161.	20	1	18	342.	10	0	62	566.	10	0	85
162.	40	1	19	343.	10	0	62	580.	10	0	86
163.	20	1	20	345.	10	0	62	581.	20	1	86
164.	10	0	20	346.	8	0	63	585.	30	1	87
165.	40	1	21	354.	10	0	63	601.	20	1	88
166.	10	0	22	360.	10	0	63	604.	7	0	88
168.	20	1	22	362.	30	1	64	605.	10	0	88
180.	70	2	24	363.	12	0	64	606.	20	1	89
181.	80	2	26	370.	10	0	65	620.	20	1	89
182.	60	2	28	371.	10	0	65	621.	10	0	89
183.	20	1	28	380.	10	0	65	622.	10	0	90
184.	40	1	29	381.	40	1	66	640.	10	0	90
185.	20	1	30	382.	10	0	66	643.	10	0	90
200.	30	1	31	383.	20	1	67	646.	10	0	91
201.	20	1	31	384.	10	0	67	660.	20	1	91
202.	30	1	32	400.	18	0	68	662.	10	0	91
203.	40	1	33	401.	20	1	68	665.	10	0	92
204.	30	1	34	402.	20	1	69	680.	10	0	92
205.	9	0	34	403.	11	0	69	681.	22	1	92
206.	34	1	35	405.	9	0	69	682.	30	1	93
207.	40	1	36	406.	16	0	70	684.	10	0	94
215.	10	0	36	408.	10	0	70	702.	10	0	94
218.	10	0	37	420.	16	0	71	703.	10	0	94
220.	20	1	37	421.	10	0	71	705.	20	1	95
221.	59	2	39	422.	10	0	71	720.	10	0	95
222.	50	1	40	423.	11	0	71	723.	10	0	95
223.	10	0	40	426.	20	1	72	725.	10	0	95
224.	10	0	41	440.	20	1	72	742.	8	0	96

225.	20	1	41	441.	10	0	73	760.	10	0	96
240.	60	2	43	442.	20	1	73	762.	10	0	96
241.	20	1	43	444.	30	1	74	765.	10	0	96
242.	40	1	45	449.	10	0	74	766.	10	0	97
243.	26	1	45	460.	20	1	75	781.	10	0	97
244.	10	0	46	462.	10	0	75	782.	10	0	97
247.	10	0	46	463.	10	0	75	783.	20	1	98
260.	40	1	47	465.	19	1	76	801.	20	1	98
261.	20	1	47	466.	20	1	76	807.	20	1	99
262.	10	0	48	480.	20	1	77	821.	20	1	99
263.	20	1	48	481.	10	0	77	823.	10	0	100
266.	20	1	49	482.	10	0	78	824.	10	0	100

Valid cases 3699 Missing cases 0

Questionnaire



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This book is due on:

all exercise. Apart from
you do any regular

YES...P Ask 1b,c
NO...V Go to 2a ✓

BY DAY.....7
OF DAYS:0
IS THAN ONE DAY A WEEK..0
I'T SAY.....X

By JOGGING.....0
W. RUNNING.....1
WALKING.....2
CYCLING.....3
SWIMMING.....4
AT HOME.....5
HEALTH CLUB.....6
PRINT UNLISTED:
.....7
CAN'T SAY.....8

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→ ASK EVERYONE:

1a. First about regular physical exercise. Apart from sport (and your job) do you do any regular physical exercise, to help you keep fit?

YES...? Ask 1b.c
NO...? Go to 2a.4

1b. IF YES: How many days a week do you exercise?

EVERY DAY.....7
NO. OF DAYS:
LESS THAN ONE DAY A WEEK..0
CAN'T SAY.....X

1c. And is that exercise usually jogging, running, walking, cycling, swimming, or exercise at home, or exercise at a health club, or something else?

JOGGING.....0
RUNNING.....1
WALKING.....2
CYCLING.....3
SWIMMING.....4
AT HOME.....5
HEALTH CLUB.....6
PRINT UNLISTED:7
CAN'T SAY.....8

CIRCLE ONCE ONLY

