

## Physical Activity Tracking Preference Questionnaire (PATPQ)

The purpose of this questionnaire is to assess your preference of physical activity tracking measures.

You will be shown 30 pairs of physical activities. Each **pair is identical** in terms of intensity and effort that would be required by you to complete without taking a break.

**Instructions:** For each pair of physical activities, indicate which option would represent a more realistic goal for you.

- |   |                       |                       |   |
|---|-----------------------|-----------------------|---|
| Walk for 3 miles                                | <input type="radio"/> | <input type="radio"/> | Walk to burn 300 calories                             |
| Outdoor Cycling for 6 miles                     | <input type="radio"/> | <input type="radio"/> | Outdoor Cycling to burn 500 calories                  |
| Stationary Bike for 10 miles                    | <input type="radio"/> | <input type="radio"/> | Stationary Bike to burn 500 calories                  |
| Treadmill for 3 miles                           | <input type="radio"/> | <input type="radio"/> | Treadmill to burn 300 calories                        |
| Walk 1 mile from your parked car to work        | <input type="radio"/> | <input type="radio"/> | Walk 2,000 steps from your parked car to work         |
| Climb stairs for 1 mile                         | <input type="radio"/> | <input type="radio"/> | Climb stairs for 2,000 steps                          |
| Treadmill for 2 miles                           | <input type="radio"/> | <input type="radio"/> | Treadmill for 4,000 steps                             |
| Walk 0.5 miles from your parked car to work     | <input type="radio"/> | <input type="radio"/> | Walk 1,000 steps from your parked car to work         |
| Hike for 3 miles                                | <input type="radio"/> | <input type="radio"/> | Hike for 45 minutes                                   |
| Hike for 2 miles                                | <input type="radio"/> | <input type="radio"/> | Hike for 30 minutes                                   |
| Bike 3 miles                                    | <input type="radio"/> | <input type="radio"/> | Bike for 30 minutes                                   |
| Outdoor Cycling for 6 miles                     | <input type="radio"/> | <input type="radio"/> | Outdoor Cycling for 60 minutes                        |
| Hike for 60 minutes                             | <input type="radio"/> | <input type="radio"/> | Hike to burn 350 calories                             |
| Run for 36 minutes                              | <input type="radio"/> | <input type="radio"/> | Run to burn 400 calories                              |
| Stationary Bike for 50 minutes                  | <input type="radio"/> | <input type="radio"/> | Stationary Bike to burn 380 calories                  |
| Step machine (e.g., Stairmaster) for 30 minutes | <input type="radio"/> | <input type="radio"/> | Step machine (e.g., Stairmaster) to burn 250 calories |
| Step machine (e.g., Stairmaster) for 30 minutes | <input type="radio"/> | <input type="radio"/> | Step machine (e.g., Stairmaster) for 6,000 steps      |
| Jump rope for 30 minutes                        | <input type="radio"/> | <input type="radio"/> | Jump rope for 2,500 steps                             |
| Walk 20 minutes from your parked car to work    | <input type="radio"/> | <input type="radio"/> | Walk 2,000 steps from your parked car to work         |
| Hike for 45 minutes                             | <input type="radio"/> | <input type="radio"/> | Hike for 6,000 steps                                  |
| Walk to burn 200 calories                       | <input type="radio"/> | <input type="radio"/> | Walk for 4,000 steps                                  |
| Hike to burn 350 calories                       | <input type="radio"/> | <input type="radio"/> | Hike for 6,000 steps                                  |
| Hike to burn 200 calories                       | <input type="radio"/> | <input type="radio"/> | Hike for 4,000 steps                                  |
| Treadmill to burn 300 calories                  | <input type="radio"/> | <input type="radio"/> | Treadmill for 6,000 steps                             |

**Component Score:** Sum the number of times each physical activity measure was chosen. Preference category is determined by highest component score.

Miles: \_\_\_\_\_ Steps: \_\_\_\_\_ Calories: \_\_\_\_\_ Minutes: \_\_\_\_\_