

Why is this survey important? In this survey we will ask you questions about your physical activity. Your answers to these questions are important to us because physical activity is known to be related to cognitive functioning. We are interested in better understanding the link between your physical activity and how you perform on the various MindCrowd brain games.

How long will this survey take to complete? 5 minutes or less.

Please rate the patient's physical activity over the **past 4 weeks**. Choose the **one best answer** for days per week and hours per day that best fits.

Type of Activity	Intensity <i>(office use)</i>	How many days per week (Check One)				How many hours per day (Check One)	Total Dose <i>(office use)</i>
		Never (0 days)	Seldom (1-2 days)	Sometimes (3-4 days)	Often (5-7 days)		
Participate in sitting activities such as reading, book clubs, discussion groups, or handicrafts	1					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Walk outside for any reason such as fun or exercise, walking the dog, in a mall, or around a track or path	1					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Engage in light activities such as bowling, billiards, golf with a cart, shuffleboard, fishing, or playing catch	1					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Engage in moderate activities such as doubles tennis, dancing, hunting, skating, golf without a cart, or hiking (flat terrain)	2					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Engage in strenuous activities such as jogging, swimming, cycling, singles tennis, skiing, hiking (hilly terrain), or climbing stairs for exercise	3					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Any exercises to increase muscle strength or endurance, such as lifting weights, pushups, pullups, or chin-ups	2					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Engage in flexibility activities such as stretching, yoga, chair yoga, or Tai Chi	1					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Any light housework or labor, such as dusting, washing dishes, mopping floors, ironing, or office work	1					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Any moderate housework or labor such as vacuuming, washing windows, scrubbing floors, laundry, or moderate manual labor	2					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	
Any heavy housework or labor such as home repairs, painting, yard work, moving furniture, or heavy manual labor	3					<input type="checkbox"/> LESS THAN 1 HOUR <input type="checkbox"/> 1-2 HOURS <input type="checkbox"/> MORE THAN 2 HOURS	

Fig 1. The Quick Physical Activity Rating (QPAR).

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