

An example of a scoring sheet used to score Physical Activity Recalls.

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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
I.D.#	kg	Recorded Sleep (hrs)							Recorded Activity (hrs)			Calculated Values				
		1	2	3	4	5	6	7	Moderate	Hard	Very Hard	Light	Sleep	Total (week)	Total (day)	Total (kcal/d)
1	57.0	5.5	7.5	7.5	8.5	6.5	7.5	7.5	3.75	17.00	0.00	96.75	50.50	312.63	44.7	2545.7
2	110.0	6.5	6.5	6.5	7.25	7.25	8	8	4.00	0.00	0.00	114.00	50.00	237.00	33.9	3724.3
3	89.1	8	8	10	9	8	8	8	7.25	0.00	0.00	101.75	59.00	240.63	34.4	3062.8
3	94.5	6	6	6	6	6	6	6	4.00	1.50	0.00	120.50	42.00	247.75	35.4	3344.6

Calculated Values

$$\text{Light} = 168 - N - J - K - L$$

$$\text{Sleep} = C + D + E + F + G + H + I$$

$$\text{Total week} = (N*1) + (J*4) + (K*6) + (L*10) + (M*1.5)$$

$$\text{Total Day} = O/7$$

$$\text{Total (kcal/d)} = P*B$$