



TEGNER ACTIVITY QUESTIONNAIRE

With regard to your level of activity, circle the number below that best describes your activity level:

10. **Competitive sports:** elite national or international level
9. **Competitive sports:** soccer, football, rugby, basketball, ice hockey, wrestling, gymnastics
8. **Competitive sports:** squash, badminton, downhill skiing, jumping sports
7. **Competitive sports:** tennis, running, motocross, handball, basketball **or**
Recreational sports: soccer, ice hockey, squash, jumping sports, cross country track
6. **Recreational sports:** tennis, badminton, handball, basketball, downhill skiing, jogging (at least 5 times per week)
5. **Work:** heavy labor (e.g. construction, forestry) **or**
Recreational sports: competitive cycling, cross-country skiing
4. **Work:** moderately heavy labor (e.g. truck driving, heavy domestic work) **or**
Recreational sports: cycling, cross-country skiing, jogging (2 times per week)
3. **Work:** light labor (e.g. nursing) **or**
Recreation: swimming, hiking
2. **Work:** light labor without lifting **or**
Recreation: walking on uneven ground is possible, but can't hike in a forest
1. **Work:** sedentary (e.g. secretarial) **or**
Recreation: walking only on even ground, paved surfaces
0. **Sick leave or disability pension** because of knee problems