

## Physical activity

Please indicate the level of your physical activity on a scale from very low to very high (at the ages of 14 and 30 years, and today). The scale below goes from 1-10. By physical activity we mean both work in and outside the home, as well as training/exercise and other physical activity, such as walking, etc. Mark the number that best describes your level of physical activity

Age	Very low <span style="float: right;">Very high</span>									
At 14 years	1	2	3	4	5	6	7	8	9	10
At 30 years	1	2	3	4	5	6	7	8	9	10
Today	1	2	3	4	5	6	7	8	9	10