

All questions are required unless stated otherwise. Please answer to the best of your ability.

Many of these questions ask about average activity levels over a period of time. We recognize that not all days or seasons in a dog's life are the same, so we ask you to estimate those averages over the period of time in question. Please estimate these to the best of your ability.

Please choose the best description of your dog's lifestyle over the past year. **[pa_activity_level]**

- 1 Not active
- 2 Moderately active
- 3 Very active

Over the past year, on average how much time per day is your dog physically active?

Number of hours active: **[pa_avg_daily_active_hours]**

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8+

Number of minutes active: **[pa_avg_daily_active_minutes]**

- 0 0
- 1 10
- 2 20
- 3 30
- 4 40
- 5 50

Over the past year, when your dog is being active what is the average intensity level of that activity? **[pa_avg_activity_intensity]**

- 1 Low (walking)
- 2 Moderate (jogging)
- 3 Vigorous (sprinting, such as fetching or playing Frisbee)

Over the past year, please tell us about your dog's outdoor environment during months with moderate weather (outside temperatures between 40 and 85 degrees Fahrenheit). We know that these categories are unlikely to perfectly capture all weather conditions in your area, so please respond based on usual conditions in the seasons that you experience.

Approximately how many months per year is the weather moderate (40-85 degrees Fahrenheit)? **[pa_moderate_weather_months_per_year]**

_____ months → **If 0, skip to hot weather section**
0-12

How much time per day does your dog spend outdoors on average in moderate weather (40-85 degrees Fahrenheit)?

- 1** Less than 3 hours [pa_moderate_weather_daily_hours_outside]
- 2** Between 3-8 hours
- 3** Between 8-16 hours
- 4** More than 16 hours
- 5** My dog does not spend time outdoors in moderate weather —————→ **Skip to hot weather section**

Does your dog regularly spend time outside on any of these ground surfaces on moderate days (40-85 degrees Fahrenheit)?

	Yes	No
Concrete [pa_moderate_weather_outdoor_concrete]	1 <input type="radio"/>	0 <input type="radio"/>
Wood [pa_moderate_weather_outdoor_wood]	1 <input type="radio"/>	0 <input type="radio"/>
Hard surface other than concrete or wood (asphalt, pavement, street) [pa_moderate_weather_outdoor_other_hard_surface]	1 <input type="radio"/>	0 <input type="radio"/>
Grass or dirt [pa_moderate_weather_outdoor_grass_or_dirt]	1 <input type="radio"/>	0 <input type="radio"/>
Gravel [pa_moderate_weather_outdoor_gravel]	1 <input type="radio"/>	0 <input type="radio"/>
Sand [pa_moderate_weather_outdoor_sand]	1 <input type="radio"/>	0 <input type="radio"/>
Astro-turf / artificial grass [pa_moderate_weather_outdoor_astroturf]	1 <input type="radio"/>	0 <input type="radio"/>
Other surface: [pa_moderate_weather_outdoor_other_surface ↑ _description] [pa_moderate_weather_outdoor_other_surface]	1 <input type="radio"/>	0 <input type="radio"/>

What is the degree of your dog's sun exposure on moderate days (40-85 degrees Fahrenheit)?

- 1** Full sun [pa_moderate_weather_sun_exposure_level]
- 2** Access to shade or sun
- 3** Full shade

Over the past year, please tell us about your dog's outdoor environment during months with hot weather (outside temperatures over 85 degrees Fahrenheit). We know that these categories are unlikely to perfectly capture all weather conditions in your area, so please respond based on usual conditions in the seasons that you experience.

Approximately how many months per year is the weather hot (over 85 degrees Fahrenheit)? [pa_hot_weather_months_per_year]

_____ months —————→ **If 0, skip to cold weather section**

0-12

How much time per day does your dog spend outdoors on average in hot weather (over 85 degrees Fahrenheit)?

- 1 Less than 3 hours [pa_hot_weather_daily_hours_outside]
- 2 Between 3-8 hours
- 3 Between 8-16 hours
- 4 More than 16 hours
- 5 My dog does not spend time outdoors in hot weather —————→ **Skip to cold weather section**

Does your dog regularly spend time outside on any of these ground surfaces on hot days? (over 85 degrees Fahrenheit)?

	Yes	No
Concrete [pa_hot_weather_outdoor_concrete]	1 <input type="radio"/>	0 <input type="radio"/>
Wood [pa_hot_weather_outdoor_wood]	1 <input type="radio"/>	0 <input type="radio"/>
Hard surface other than concrete or wood (asphalt, pavement, street) [pa_hot_weather_outdoor_other_hard_surface]	1 <input type="radio"/>	0 <input type="radio"/>
Grass or dirt [pa_hot_weather_outdoor_grass_or_dirt]	1 <input type="radio"/>	0 <input type="radio"/>
Gravel [pa_hot_weather_outdoor_gravel]	1 <input type="radio"/>	0 <input type="radio"/>
Sand [pa_hot_weather_outdoor_sand]	1 <input type="radio"/>	0 <input type="radio"/>
Astro-turf / artificial grass [pa_hot_weather_outdoor_astroturf]	1 <input type="radio"/>	0 <input type="radio"/>
Other surface: [pa_hot_weather_outdoor_other_surface] <small>[pa_hot_weather_outdoor_other_surface] <u>description</u></small>	1 <input type="radio"/>	0 <input type="radio"/>

What is the degree of your dog's sun exposure on hot days? (over 85 degrees Fahrenheit)?

- 1 Full sun [pa_hot_weather_sun_exposure_level]
- 2 Access to shade or sun
- 3 Full shade

Over the past year, please tell us about your dog's outdoor environment during months with cold weather (outside temperatures below 40 degrees Fahrenheit). We know that these categories are unlikely to perfectly capture all weather conditions in your area, so please respond based on usual conditions in the seasons that you experience.

Approximately how many months per year is the weather cold (below 40 degrees Fahrenheit)?

_____ months [pa_cold_weather_months_per_year]
0-12 —————→ **If 0, skip to Usual Dog Walks section**

How much time per day does your dog spend outdoors on average in cold weather (below 40 degrees Fahrenheit)?

- 1 Less than 3 hours [pa_cold_weather_daily_hours_outside]
- 2 Between 3-8 hours
- 3 Between 8-16 hours
- 4 More than 16 hours
- 5 My dog does not spend time outdoors in cold weather —————→ **Skip to Usual Dog Walks section**

Does your dog regularly spend time outside on any of these ground surfaces on cold days (below 40 degrees Fahrenheit)?

	Yes	No
Concrete [pa_cold_weather_outdoor_concrete]	1 <input type="radio"/>	0 <input type="radio"/>
Wood [pa_cold_weather_outdoor_wood]	1 <input type="radio"/>	0 <input type="radio"/>
Hard surface other than concrete or wood (asphalt, pavement, street) [pa_cold_weather_outdoor_other_hard_surface]	1 <input type="radio"/>	0 <input type="radio"/>
Grass or dirt [pa_cold_weather_outdoor_grass_or_dirt]	1 <input type="radio"/>	0 <input type="radio"/>
Gravel [pa_cold_weather_outdoor_gravel]	1 <input type="radio"/>	0 <input type="radio"/>
Sand [pa_cold_weather_outdoor_sand]	1 <input type="radio"/>	0 <input type="radio"/>
Astro-turf / artificial grass [pa_cold_weather_outdoor_astroturf]	1 <input type="radio"/>	0 <input type="radio"/>
Other surface: [pa_cold_weather_outdoor_other_surface] [pa_cold_weather_outdoor_other_surface] [pa_cold_weather_outdoor_other_surface]	1 <input type="radio"/>	0 <input type="radio"/>

What is the degree of your dog's sun exposure on cold days (below 40 degrees Fahrenheit)?

[pa_cold_weather_sun_exposure_level]

- 1 Full sun
- 2 Access to shade or sun
- 3 Full shade

On and off leash activities such as walking or jogging

Over the past year, if your dog leaves the house with you, they are: [pa_on_leash_off_leash_walk]

- 1 On leash —————→ **Complete "Activities with a lead or leash" section**
- 2 Off leash —————→ **Complete "Activities without a lead or leash" section**
- 3 Both —————→ **Complete "Activities with a lead or leash" and "Activities without a lead or leash" sections**
- 0 My dog doesn't take walks —————→ **Skip to "Additional Physical Activity" section**

Activities with a lead or leash

Over the past year, what is the average frequency that your dog is active on a lead/leash? [pa_on_leash_walk_frequency]

- 1 Less than once a month
- 2 Less than once a week
- 3 Once or twice a week
- 4 3-6 times a week
- 5 Once a day
- 6 More than once a day

On average, how long does the activity last?

Number of hours: [\[pa_on_leash_walk_avg_hours\]](#)

- 0 3 6
 1 4 7
 2 5 8+

Number of minutes: [\[pa_on_leash_walk_avg_minutes\]](#)

- 0 30
 10 40
 20 50

How would you characterize the typical pace of your activities? (Select all that apply)

- Slow →
 Average →
 Brisk →
 Jog →
 Run →

If only one pace option was selected, that pace % value = 100% (1.0)

What % of the time are your on-leash activities at a slow pace? [\[pa_on_leash_walk_slow_pace_pct\]](#)

What % of the time are your on-leash activities at an average pace? [\[pa_on_leash_walk_average_pace_pct\]](#)

What % of the time are your on-leash activities at a brisk pace? [\[pa_on_leash_walk_brisk_pace_pct\]](#)

What % of the time are your on-leash activities at a jogging pace? [\[pa_on_leash_walk_jog_pace_pct\]](#)

What % of the time are your on-leash activities at a running pace? [\[pa_on_leash_walk_run_pace_pct\]](#)

What is the reason for your activities?

- Allow dog to relieve itself [\[pa_on_leash_walk_reasons_dog_relieve_itself\]](#)
 General activity and enjoyment [\[pa_on_leash_walk_reasons_activity_and_enjoyment\]](#)
 Exercise for the dog [\[pa_on_leash_walk_reasons_exercise_for_dog\]](#)
 Exercise for you [\[pa_on_leash_walk_reasons_exercise_for_owner\]](#)
 Training and obedience [\[pa_on_leash_walk_reasons_training_obedience\]](#)
 Other: [\[pa_on_leash_walk_reasons_other_description\]](#)

↑
[\[pa_on_leash_walk_reasons_other\]](#)

Activities without a lead or leash

Over the past year, what is the average frequency that your dog is active without a lead/leash? [\[pa_off_leash_walk_frequency\]](#)

- 1 Less than once a month
- 2 Less than once a week
- 3 Once or twice a week
- 4 3-6 times a week
- 5 Once a day
- 6 More than once a day

On average, how long does the activity last?

Number of hours: [\[pa_off_leash_walk_avg_hours\]](#)

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8+

Number of minutes: [\[pa_off_leash_walk_avg_minutes\]](#)

- 0 0
- 1 10
- 2 20
- 3 30
- 4 40
- 5 50

How would you characterize the typical pace of your activities? *(select all that apply)*

- Slow
- Average
- Brisk
- Jog
- Run

If only one pace option was selected, that pace % value = 100% (1.0)

What % of the time are your off-leash activities at a slow pace? [\[pa_off_leash_walk_slow_pace_pct\]](#)

What % of the time are your off-leash activities at an average pace? [\[pa_off_leash_walk_average_pace_pct\]](#)

What % of the time are your off-leash activities at a brisk pace? [\[pa_off_leash_walk_brisk_pace_pct\]](#)

What % of the time are your off-leash activities at a jogging pace? [\[pa_off_leash_walk_jog_pace_pct\]](#)

What % of the time are your off-leash activities at a running pace? [\[pa_off_leash_walk_run_pace_pct\]](#)

What is the reason for your activities?

- Allow dog to relieve itself [pa_off_leash_walk_reasons_dog_releive_itself]
- General activity and enjoyment [pa_off_leash_walk_reasons_activity_and_enjoyment]
- Exercise for the dog [pa_off_leash_walk_reasons_exercise_for_dog]
- Exercise for you [pa_off_leash_walk_reasons_exercise_for_owner]
- Training and obedience [pa_off_leash_walk_reasons_training_obedience]
- Other: [pa_off_leash_walk_reasons_other_description]
↖ [pa_off_leash_walk_reasons_other]

When your dog is off leash, are they ever in an area defined by some type of boundary other than roads, like fences (above ground or electric) or walls? [pa_off_leash_walk_in_enclosed_area]

- 1 Yes
- 0 No

When your dog is off leash, are they ever in an area with no obvious edges or boundaries, such as fences or walls?

- 1 Yes [pa_off_leash_walk_in_open_area]
- 0 No

How frequently does your dog come back when called while off leash? [pa_off_leash_walk_returns_when_called_frequency]

- 1 Always
- 2 Most of the time
- 3 Frequently
- 4 Sometime
- 5 Rarely
- 0 Never

Play and swimming

How often does your dog fetch items or play other games (such as Frisbee) that involve physical activity?

- 1 Daily [pa_physical_games_frequency]
- 2 Weekly
- 3 Monthly
- 4 Rarely
- 5 Never

Does your dog go swimming? [pa_swim]

- 1 Yes
- 0 No → *Skip to “Additional physical activity”*

For dogs that spend time outside in moderate weather:

How often does your dog go swimming in moderate weather (40-85 degrees Fahrenheit)?

- 1 Daily [pa_swim_moderate_weather_frequency]
- 2 Weekly
- 3 Monthly
- 4 Rarely
- 5 Never

For dogs that spend time outside in hot weather:

How often does your dog go swimming in hot weather (over 85 degrees Fahrenheit)? [pa_swim_hot_weather_frequency]

- 1 Daily
- 2 Weekly
- 3 Monthly
- 4 Rarely
- 5 Never

For dogs that spend time outside in cold weather:

How often does your dog go swimming in cold weather (below 40 degrees Fahrenheit)? [pa_swim_cold_weather_frequency]

- 1 Daily
- 2 Weekly
- 3 Monthly
- 4 Rarely
- 5 Never

For all dogs that swim:

Where does your dog regularly swim? (select all that apply)

- Swimming pool [pa_swim_locations_swimming_pool]
- Pond or lake [pa_swim_locations_pond_or_lake]
- River, stream, or creek [pa_swim_locations_river_stream_or_creek]
- Agricultural ditch [pa_swim_locations_agricultural_ditch]
- Ocean [pa_swim_locations_ocean]
- Other: [pa_swim_locations_other_description]
[pa_swim_locations_other]

Additional physical activity

Other than the on-leash and off-leash activities already described above, what is the average frequency that your dog gets other aerobic (elevated heart rate) activity? These might include activities such as working, mushing, or herding.

[pa_other_aerobic_activity_frequency]

- 0 Never
- 1 Less than once a month
- 2 Less than once a week
- 3 Once or twice a week
- 4 3-6 times a week
- 5 Once a day
- 6 More than once a day

How long does your dog's average period of aerobic exercise typically last?

Number of hours: [pa_other_aerobic_activity_avg_hours]

- 0 3 6
- 1 4 7
- 2 5 8+ **8**

Number of minutes: [pa_other_aerobic_activity_avg_minutes]

- 0** 0 **3** 30
- 1** 10 **4** 40
- 2** 20 **5** 50



During these periods of other aerobic activity, which of the following best describes your dog's activity level?

[pa_other_aerobic_activity_intensity]

- 1 Bursts of exercise less than 30% of the time
- 2 Engages in moderate exercise (greater than 30% of the time but less than 60% of the time)
- 3 Engages in strenuous exercise most of the time (greater than 60%)

Woof! You've successfully completed the Physical Activity section of the Health and Life Experience Survey! The answers to these questions will help us to discover how the different activities of dogs may contribute to overall health. If you're ready to move on to the next section, please continue once you are returned to the portal. If it's time to take your dog for a walk, don't worry. All your answers have been saved, and you can return to your personal portal to continue at any time.