

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE

The following questions are about the time you spent being physically active in the **last 7 days**. They include questions about activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Please answer each question even if you do not consider yourself to be an active person.

In answering the following questions,

- **Vigorous** activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

1a. During the last 7 days, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling? Think about *only* those physical activities that you did for at least 10 minutes at a time.

_____ days per week 

OR

None

1b. How much time in total did you usually spend on one of those days doing vigorous physical activities?

_____ hours _____ minutes

2a. Again, think *only* about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ days per week 

OR

None

2b. How much time in total did you usually spend on one of those days doing moderate physical activities?

_____ hours _____ minutes

3a. During the last 7 days, on how many days did you **walk** for at least 10 minutes at a time? This includes walking at work and at home, walking to travel from place to place, and any other walking that you did solely for recreation, sport, exercise or leisure.

_____ days per week 

OR

None

3b. How much time in total did you usually spend walking on one of those days?

_____ hours _____ minutes

The last question is about the time you spent **sitting** on weekdays while at work, at home, while doing course work and during leisure time. This includes time spent sitting at a desk, visiting friends, reading, traveling on a bus or sitting or lying down to watch television.

4. During the last 7 days, how much time in total did you usually spend *sitting* on a week day?

_____ days per week