We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the 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.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

\_\_\_ **days per week**

\_ 0. No vigorous physical activities (Skip to question 3)

2. How much time did you usually spend doing vigorous physical activities on one of those days?

\_\_\_ **hours per day**

\_\_\_ **minutes per day**

\_ 0. Don't know/not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

3. 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. (If no, skip to question 5)

\_\_\_ **days per week**

\_ 0. No moderate physical activities (Skip to question 5)

4. How much time did you usually spend doing moderate physical activities on one of those days?

\_\_\_ **hours per day**

\_\_\_ **minutes per day**

\_ 0. Don't know/not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time? (If no, skip to question 7)

\_\_\_ **days per week**

\_ 0. No walking (Skip to question 7)

6. How much time did you usually spend walking on one of those days?

\_\_\_ **hours per day**

\_\_\_ **minutes per day**

\_ 0. Don't know/not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

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

\_\_\_ **hours per day**

\_\_\_ **minutes per day**

\_ 0. Don't know/not sure

This is the end of the questionnaire, thank you for participating.

Notes:

No subscales.

This measure assesses the types of intensity of physical activity and sitting time that people do as part of their daily lives and considered to estimate total physical activity in MET-min/week and time spent sitting. It has been validated in adults and children age 15 and greater for self-report or oral administration.

Activity summary is calculated as per the scoring manual, available at the IPAQ website at https://sites.google.com/site/theipaq/

Reference:

C.L. Craig, A. Marshall, M. Sjostrom, A. Bauman, M. Booth, B. Ainsworth, *et al*. International Physical Activity Questionnaire: 12-country reliability and validity. Med Sci Sports Exerc, 35 (2003), pp. 1381–1395