

# Activity Questionnaire

**Vigorous** physical 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.

Part 1: Job-related physical activity

The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in Part 3.

Part 2: Transportation physical activity

These questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

Part 3: Housework, house maintenance, and caring for family

This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

Part 4: Recreation, sport, and leisure-time physical activity

This section is about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

Part 5: Time spent sitting

The last questions are about the time you spend sitting while 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. Do not include any time spent sitting in a motor vehicle that you have already told me about.



Alliance 182

Plate #070

Visit #003

Cohort #

MR centre #

Participant #

Participant  
Initials

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Today's date:

year

month

date

**International Physical Activity Questionnaire (IPAQ)****Part 1: Job-related physical activity**(paid or unpaid jobs outside of the home) *Do not include house or yard work***1. Do you currently have a job or do any unpaid work outside your home?** No → If no, Go to **PART2**     Yes → If yes, Go to question #2**2. During the last 7 days, on how many days did you do vigorous physical activities for at least 10 min (eg. heavy lifting, digging, heavy construction) as part of your work?**

Usual time spent on one of those days doing vigorous physical activities at work

 Days per week →  hrs.  min. No vigorous activity at work**3. During the last 7 days, on how many days did you do moderate physical activities for at least 10 min (eg. carrying light loads) as part of your work? Please do not include walking**

Usual time spent on one of those days doing moderate physical activities at work

 Days per week →  hrs.  min. No moderate activity at work**4. During the last 7 days, on how many days did you walk for at least 10 min at a time as part of your work? Please do not count any walking you did to travel to or from work**

Usual time spent on one of those days walking at work

 Days per week →  hrs.  min. No walking at work**Part 2: Transportation related physical activity****5. During the last 7 days, on how many days did you travel in a motor vehicle to places like work, stores, movies, and so on?**

Usual time spent on one of those days traveling in a motor vehicle

 Days per week →  hrs.  min. No traveling in a motor vehicle



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**6. During the *last 7 days*, on how many days did you *bicycle* for at least 10 minutes at a time to go from place to place?**

Usual time spent on one of those days bicycling from place to place

 Days per week \_\_\_\_\_ →  hrs.  min.

 No bicycling from place to place

**7. During the *last 7 days*, on how many days did you *walk* for at least 10 min at a time to go from place to place?**

Usual time spent on one of those days walking from place to place

 Days per week \_\_\_\_\_ →  hrs.  min.

 No walking from place to place

**Part 3: Housework, house maintenance, and caring for family**

**8. During the *last 7 days*, on how many days did you do *vigorous* physical activities for at least 10 min (eg. heavy lifting, chopping wood, shoveling snow or digging in the garden) in the garden or yard?**

Usual time spent on one of those days doing vigorous physical activities in the garden or yard

 Days per week \_\_\_\_\_ →  hrs.  min.

 No vigorous activity

**9. During the *last 7 days*, on how many days did you do *moderate* activities (eg. carrying light loads, sweeping, washing windows, and raking in the yard) in the garden or yard?**

Usual time spent on one of those days doing moderate physical activities in the garden or yard

 Days per week \_\_\_\_\_ →  hrs.  min.

 No moderate activity

**10. During the *last 7 days*, on how many days did you do *moderate* physical activities for at least 10 min (eg. carrying light loads, washing windows, scrubbing floors and sweeping) inside your home?**

Usual time spent on one of those days doing moderate physical activities inside the home

 Days per week \_\_\_\_\_ →  hrs.  min.

 No moderate activity inside the home

