

Activity Questionnaire for Adults and Adolescents

AQuAA

Think about the past week (seven days). Please indicate how many days in this week you performed the following activities; how much time on average you were engaged in these activities per day; and (if applicable) how strenuous these activities were for you.

1. COMMUTING ACTIVITIES

(From and to school)

Walking to/from school

A. days per week days

B. average time a day hours minutes

C. effort slow moderate fast

Bicycling to/from school

A. days per week days

B. average time a day hours minutes

C. effort slow moderate fast

Public transport, car or motor scooter to school

A. days per week days

B. average time a day hours minutes

Not applicable

2. ACTIVITY AT SCHOOL

Walking during lunch breaks should be filled in part 4: leisure time activities

Light work

E.g. sitting/standing with some walking, following classes, walking between classes, making coffee

A. days per week days

B. average time a day hours minutes

Moderate work

E.g. work with regular walking (the stairs), carrying light objects, cleaning, physical education, delivering newspapers

A. days per week days

B. average time a day hours minutes

Intense work

E.g. walking (the stairs) carrying heavy objects like a heavy schoolbag

A. days per week days

B. average time a day hours minutes

I haven't engaged in any physical activity at school in the past 7 days



3. HOUSEHOLD ACTIVITIES

(In and around the house)

Light household work

E.g. Cooking, washing dishes, making the bed, tidying your room.

A. days per week

 days

B. average time a day

 hours minutes

Moderate household work

E.g. vacuuming, walking/carrying light objects, sweeping

A. days per week

 days

B. average time a day

 hours minutes

Intense work

E.g. walking with heavy shopping bags

A. days per week

 days

B. average time a day

 hours minutes

I haven't done any household activities in the last 7 days

4. LEISURE TIME ACTIVITIES

Commuting activities to/from work or school excluded. Active sports should be filled in at part 6.

Walking

E.g. to/from the supermarket, walking during lunch break, walking the dog

A. days per week

 days

B. average time a day

 hours minutes

C. effort

 slow moderate fast

Bicycling

E.g. to/from supermarket, sports club, cinema

A. days per week

 days

B. average time a day

 hours minutes

C. effort

 slow moderate fast

Gardening/ Odd jobs

E.g. mowing the lawn (non-electric), painting walls, carpentry

A. days per week

 days

B. average time a day

 hours minutes

C. effort

 light moderate intense

Not applicable



4. LEISURE TIME ACTIVITIES (CONTINUED)

^aItems added to questionnaire in 2016

Sedentary leisure time

^bExclusion added to questionnaire in 2016

Watching television

A. days per week days

B. average time a day hours minutes

Using the computer
E.g. surfing the Internet at home,
using a tablet^a or smartphone^a,
playing sedentary computer games
(excluding exercise games^b)

A. days per week days

B. average time a day hours minutes

Reading

A. days per week days

B. average time a day hours minutes

Other sedentary activities
E.g. talking with friends, board
games, sitting in the car

A. days per week days

B. average time a day hours minutes

Not applicable

5. ACTIVE SPORTS

Write down the sports you performed the last week (maximum of 3 sports). Start with the most active sport.

Sport:

A. days per week days

B. average time a day hours minutes

C. effort light moderate intense

Sport:

A. days per week days

B. average time a day hours minutes

C. effort slow moderate intense

Sport:

A. days per week days

B. average time a day hours minutes

C. effort light moderate intense

I haven't performed any active sports in the last 7 days