



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 B. average time a day	days hours minutes		
		nours		
	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		
4				
Not applicable				
2. ACTIVITY AT SCHOOL				
Walking during lunch breaks	should be filled in part 4: leisure ti	ime activities		
Light work E.g. sitting/standing with some walking, following classes, walking between classes, making coffee				
,	A. days per week	days		
1	3. 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	A. days per week	days		
E	3. average time a day	hours minutes		
Intense work E.g. walking (the stairs) carrying heavy objects like a heavy schoolbag				
A	a. days per week	days		
E	s. 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	g the bed, tidying your room.			
А	a. days per week	days		
В	s. average time a day	hours	minutes	
Moderate household work E.g. vacuuming, walking/carrying ligh	nt objects, sweeping			
А	days per week	days		
В	. average time a day	hours	minutes	
Intense work E.g. walking with heavy shopping bags				
А	. days per week	days		
В	. average time a day	hours	minutes	
I haven't done any household activit	ies in the last 7 days			
I haven't done any household activit 4. LEISURE TIME ACTIVITIES	ies in the last 7 days			
4. LEISURE TIME ACTIVITIES	ies in the last 7 days or school excluded. Active sports shou	uld be filled in at part 6		
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking		ald be filled in at part 6		
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking	or school excluded. Active sports shou		minutes	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket,	or school excluded. Active sports shou A. days per week	days		
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog Bicycling	or school excluded. Active sports shou A. days per week B. average time a day	days	minutes	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog	or school excluded. Active sports should be a controlled a controlled by the control	days hours slow	minutes	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog Bicycling E.g. to/from supermarket, sports	or school excluded. Active sports should be a day and a day and a day are a	days hours slow days hours	minutes moderate fast	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog Bicycling E.g. to/from supermarket, sports club, cinema Gardening/ Odd jobs	or school excluded. Active sports should be a day. A. days per week. B. average time a day. C. effort. A. days per week. B. average time a day.	days hours slow days hours	minutes moderate fast minutes	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog Bicycling E.g. to/from supermarket, sports club, cinema	or school excluded. Active sports should be a day. A. days per week. B. average time a day. C. effort. A. days per week. B. average time a day. C. effort.	days hours slow days slow slow	minutes moderate fast minutes	
4. LEISURE TIME ACTIVITIES Commuting activities to/from work Walking E.g. to/from the supermarket, walking during lunch break, walking the dog Bicycling E.g. to/from supermarket, sports club, cinema Gardening/ Odd jobs E.g. mowing the lawn (non-	or school excluded. Active sports should be a day. A. days per week. B. average time a day. C. effort. A. days per week. B. average time a day. C. effort. A. days per week.	days hours slow days hours slow hours slow hours	minutes moderate fast minutes moderate fast	





4. LEISURE TIME ACTIVITIES (CONTINUED)		^a ltems added to questionnaire in 2016			
Sedentary leisure time		^b Exclusion added to questionnaire in 2016			
Watching television	A. days per week B. average time a day	days 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 B. average time a day	days minutes			
Reading	A. days per week B. average time a day	days minutes			
Other sedentary activities E.g. talking with friends, board games, sitting in the car	A. days per week B. average time a day	days minutes			
Not applicable					
5. ACTIVE SPORTS					
Write down the sports you perform	ed the last week (maximum of 3 sport	s). Start with the most active sport.			
Sport:	A. days per weekB. average time a dayC. effort	days hours minutes light moderate intense			
Sport:	A. days per week B. average time a day C. effort	days hours minutes slow moderate intense			
Sport:	A. days per week B. average time a day C. effort	days hours minutes light moderate intense			
I haven't performed any active sports in the last 7 days					