

Assessment of habitual physical activity

III. DATA COLLECTING SHEETS

(a) Questionnaire:

The following is an example of a "self-assessment" type of questionnaire (Yasin):

Name: * Ethnic group (or nationality):
 Subject no.: Occupation:
 Age: Place:
 Sex: Date:
 Name of investigator:

1. General Physical Activity:

Thinking of the things you do and have done in your spare time which involve physical activity, whether *light, moderate, or strenuous*, which category in the scale below best describes how physically active you have been for most years of your adult life? (CIRCLE ONE ONLY)

very active/fairly active/average/fairly inactive/very inactive

2. Walking:

Which category in the scale below best describes how active an outdoor walker you have been for most years of your adult life? (CIRCLE ONE ONLY)

very active/fairly active/average/fairly inactive/very inactive

3. Gardening:

Which category in the scale below best describes how active a gardener you have been for most years of your adult life? (CIRCLE ONE ONLY)

very active/fairly active/average/fairly inactive/very inactive

4. Strenuous sports:

Which category in the scale below best describes how active you have been in strenuous sports and games for most years of your adult life? (CIRCLE ONE ONLY)

very active/fairly active/average/fairly inactive/very inactive

5. Spare-time physical work:

Think of the things you do and have done in your spare time which involve *physical work*, e.g. household chores, repair and maintenance work to house, furniture, car, etc., *other than sedentary work, walking, gardening, and sports*. Which category in the scale below best describes how active you have been with spare-time physical work for most years of your adult life? (CIRCLE ONE ONLY)

very active/fairly active/average/fairly inactive/very inactive

(b) Diary method:

1. Activity proforma for each individual

(To be printed as a conveniently small card or booklet to be kept in the pocket)

Name: Occupation:
 Serial number: Ethnic group or nationality:
 Age: Place of examination:
 Sex: M/F Date of this record:
 Observer's name: Day of week:

Fill in details of your activities for all your daytime hours using the abbreviations given. This daily diary form covers 24 hours, and has a *square for every minute*.

Try to estimate the duration of each activity to the nearest minute.

Carry this form with you with a pencil or pen all day. If in doubt about anything please ask the observer.

ABBREVIATIONS

A Ablutions I Ironing
 BM Bed-making K Kneeling
 C Cooking L Lying
 DS Dressing R Running
 FC Fieldcraft S Sitting
 FS Floor-sweeping SL Sleeping
 ST Standing
 W Walking

Sample portion

TIME	0	1	2	3	4	5	6	7	8	9
06:00										
06:10										
06:20										
06:30										
06:40										
06:50										
07:00										

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For other activities, use the code provided by the observer.