

Active-Q – A Physical Activity Questionnaire for Adults

The following questions concern your physical activity during the last year

Physical activity level – daily occupation

What is your normal activity level at your daily occupation (work, studies or equivalent)?

Mostly Sitting	A combination of sitting and standing up	Mostly standing up	Some physical activity	Heavy manual labor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Duration – daily occupation

Approximately how many hours per week do you normally conduct your daily occupation (work, studies or equivalent)?

- 5 hours or less
- 6 - 10 hours
- 11 – 20 hours
- 21 – 30 hours
- 31 – 40 hours
- 41 – 50 hours
- More than 50 hours
- Don't know / Don't want to answer

Means of transportation to daily occupation

How do you normally get to and from work, studies or other daily occupation?

- Walking
- Cycling
- By motorcycle, moped or scooter
- By car or taxi
- By bus, train, subway or boat
- Other
- Does not apply to me
- Don't know / Don't want to answer

Follow-up questions regarding means of transportation.

Selected activities in the previous screening question are presented to the respondent

How often do you get to your daily occupation in the following ways and approximately how long does it take?

	Number of days per week	Time, one way per day
Walking	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours

	Number of days per week	Time, one way per day
Cycling	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours
By motorcycle, moped or scooter	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours
By car or taxi	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours
By bus, train, subway or boat	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours
Other	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 - 29 minutes <input type="radio"/> 30 - 44 minutes <input type="radio"/> 45 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> Longer than 2 hours

Leisure time activities

Which of the following activities do you engage in at least once per week in your leisure time?

- | | |
|---|--|
| <input type="checkbox"/> Watching TV/DVDs etc. | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Using the computer, reading emails, playing computer games, play station, X-box etc. | <input type="checkbox"/> Walking, Nordic walking, walking a dog (not as transport to daily occupation) |
| <input type="checkbox"/> Sitting reading, writing, sewing etc. | <input type="checkbox"/> Bicycling (not as transport to daily occupation) |
| <input type="checkbox"/> Playing a musical instrument or active computer games (e.g. Wii) | <input type="radio"/> None of the above |
| <input type="checkbox"/> Doing household chores (e.g. cleaning, laundry, child care, gardening etc.) | <input type="radio"/> Don't know /Don't want to answer |
| <input type="checkbox"/> Shopping, or other errands | |

Follow-up questions regarding leisure time activities.**Selected activities in the previous screening question are presented to the respondent**

How many days per week do you dedicate time to the following leisure time activities and how much time do you spend per day on the activity?

	Number of days per week	Total time per day
Watching TV/DVDs	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours
Using the computer	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours
Sitting writing, reading, sewing etc.	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours]
Playing a musical instrument or active computer games (e.g. Wii)	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours
Doing household chores, cleaning, doing laundry, taking care of children, garden work etc.	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours
Shopping or other errands	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours

	Number of days per week	Total time per day
Dancing (e.g. disco or ball room)	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 1 - 2 hours <input type="radio"/> 3 - 4 hours <input type="radio"/> 5 - 8 hours <input type="radio"/> Longer than 8 hours
Walking (not as transport to daily occupation), Nordic walking or walking a dog	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 – 29 minutes <input type="radio"/> 30 – 44 minutes <input type="radio"/> 45 – 59 minutes <input type="radio"/> 1 – 2 hours <input type="radio"/> Longer than 2 hours
Cycling (not as transport to daily occupation)	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7	<input type="radio"/> Less than 15 minutes <input type="radio"/> 15 – 29 minutes <input type="radio"/> 30 – 44 minutes <input type="radio"/> 45 – 59 minutes <input type="radio"/> 1 – 2 hours <input type="radio"/> Longer than 2 hours

Overall sporting activity or exercise

Do you exercise or participate in any sporting activities regularly?

- Yes
 No
 Don't know / Don't want to answer

Sporting activities

What kind of exercise or sports activities do you participate in? If your type of activity is not included in the list below, please choose the most similar one.

- Aerobics or cardio fitness class
 Weight lifting
 Jogging, running or orienteering
 Athletics (e.g. high jump, long jump or three-step)
 Spinning or cycling in demanding terrain
 Swimming
 Ball sports (e.g. soccer, basketball, volley ball or floorball)
 Golf

- Dance class or competitive dancing (e.g. ballroom, ballet, jazz or street)
 Horseback riding
 Skating, ice hockey or bandy
 Skiing downhill or cross country
 Martial arts (e.g. judo or karate)
 Boxing or wrestling
 Tennis, badminton or table tennis
 Squash
 Sailing, surfing, canoeing or rowing
 Motor sports (e.g. motocross)
 Rock climbing
 Yoga, Pilates or Tai chi
 Other activity or sport (please state) _____
 None of these
 Don't know / Don't want to answer

Follow-up questions regarding regular sporting activities

Selected activities in the previous screening question are presented to the respondent

How often do you participate in the following sports or the following activities and for how long each time?

	Number of times	Time per session
Aerobics or cardio fitness class	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Weight lifting	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Jogging, running or orienteering	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Athletics (e.g. high jump, long jump or three-step)	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Spinning or cycling in demanding terrain	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Swimming	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes

	Number of times	Time per session
	<input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Ball sports (e.g. soccer, basketball, volley ball or floor ball)	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Golf	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Dance class or competitive dancing	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Horseback riding	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Skating, ice-hockey or bandy	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Skiing, downhill or cross country	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Martial arts (e.g. judo or karate)	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Boxing or wrestling	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Tennis, badminton or table tennis	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Squash	<input type="radio"/> 1 - 3 times a month	<input type="radio"/> Less than 30 minutes

	Number of times	Time per session
	<input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Sailing, surfing, canoeing or rowing	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Motor sports (e.g. motocross)	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Rock climbing	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Yoga, Pilates or Tai chi	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours
Other (displayed automatically)	<input type="radio"/> 1 - 3 times a month <input type="radio"/> Once a week <input type="radio"/> 2 - 3 times a week <input type="radio"/> 4 - 5 times a week <input type="radio"/> 6 - 7 times a week	<input type="radio"/> Less than 30 minutes <input type="radio"/> 30 - 59 minutes <input type="radio"/> 60 - 119 minutes <input type="radio"/> 2 - 4 hours <input type="radio"/> More than 4 hours

Do you compete regularly in a sport?**Follow-up question if respondent reported regular physical activity**

- Yes
 No
 Don't know / Don't want to answer

How many hours do you usually sleep during a typical night?

- Less than 5 hours 9 hours
 6 hours 10 hours or longer
 7 hours Don't know / Don't want to answer
 8 hours