

Subject ID: _____

Interview date (dd/mm/yy): --/--/--

Lifestyle

- 1- During the **last 7 days**, how many times did you **walk** for at least 10 minutes?
 - a. None
 - b. Once
 - c. Twice
 - d. 3 times
 - e. 4 times
 - f. 5 times
 - g. 6 times
 - h. 7 times and more

- 2- How much time did you usually spend **walking** per day?
_____ **hours per day**
_____ **minutes per day**

- 3- During the **last 7 days**, on how many times did you do **vigorous** physical activities like aerobics, running, fast bicycling, or fast swimming?
 - a. None
 - b. Once
 - c. Twice
 - d. 3 times
 - e. 4 times
 - f. 5 times
 - g. 6 times
 - h. 7 times and more

- 4- How much time did you usually spend doing **vigorous** physical activities?
- _____ **hours per day**
- _____ **minutes per day**
- 5- During the **last 7 days**, on how many times did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis?
- None
 - Once
 - Twice
 - 3 times
 - 4 times
 - 5 times
 - 6 times
 - 7 times and more
- 6- How much time did you usually spend doing **moderate** physical activities?
- _____ **hours per day**
- _____ **minutes per day**
- 7- During the **last 7 days**, how much time did you usually spend watching a screen (TV, computer, phone, or other devices)?
- ½ hour or less
 - 1 hour
 - 2 hours
 - 3 hours
 - 4 hours
 - 5 hours
 - more than 5 hours

8- On average, how many hours per day do you spent in sleeping?

- a. 3 hours or less
- b. 4 hours
- c. 5 hours
- d. 6 hours
- e. 7 hours
- f. 8 hours
- g. 9 hours or more