

Appendix G: RPAQ

Introduction

RPAQ (v. 11.2.0_05/08/2020)

Physical Activity Questionnaire

This questionnaire is designed to find out about your physical activity in your everyday life during the last 4 weeks.

This questionnaire is divided into 3 sections.

Please try to answer every question (use the scroll bar on each page to make sure you have answered all the questions).

Section A asks about your physical activity patterns in and around the house.

Section B is about travel to work and your physical activity at work.

Section C asks about physical activity during leisure and recreational activities in the last 4 weeks.

Your answers will be treated as strictly confidential and will be used for research only.

We strongly recommend that you use **Chrome** or **Firefox** web browser on a desktop, laptop or tablet (rather than a mobile phone) to fill in this questionnaire.

Home Activities

RPAQ (v. 11.2.0_05/08/2020)

Getting About

Which form of transport have you used **most often** in the last 4 weeks **not including** your journey to and from work?

<i>Usual mode of travel</i>			
<i>Car / motor vehicle</i>	<i>Walk</i>	<i>Public transport</i>	<i>Cycle</i>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Screen time

In the last 4 weeks, how much time did you spend sitting, reclining or lying down while using a screen, but **not** related to doing work. This could include time spent sitting while using digital devices such as televisions, tablets, mobile phones, computers and game consoles (for non physically-active games only)

Please answer every line

<i>Hours of sitting using a screen</i>	<i>Average over the last 4 weeks</i>									
	<i>None</i>	<i>Less than 1 hour a day</i>	<i>1 to 2 hours a day</i>	<i>2 to 3 hours a day</i>	<i>3 to 4 hours a day</i>	<i>4 to 5 hours a day</i>	<i>5 to 6 hours a day</i>	<i>6 to 7 hours a day</i>	<i>7 to 8 hours a day</i>	<i>More than 8 hours a day</i>
<i>On a weekday before 6 pm</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>On a weekday after 6 pm</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>On a weekend day before 6 pm</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>On a weekend day after 6 pm</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Stair climbing at home

Please answer every line

Number of times you climbed up a flight of stairs (approx 10 steps) each day at home	Average over the last 4 weeks					
	None	1 to 5 times a day	6 to 10 times a day	11 to 15 times a day	16 to 20 times a day	More than 20 times a day
On a weekday	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On a weekend day	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Activity at work

Please answer this section if you have been in paid employment at any time **during the last 4 weeks** or you have done regular, organised voluntary work.

Have you been in employment (or done regular, organised voluntary work) during the last 4 weeks?

Yes No

During the last 4 weeks how many hours work did you do per week?

Please enter 0 if not worked

Work hours (excluding travel)	<i>Hours</i>	<i>Minutes</i>	<i>Reason (if not worked)</i>
<i>4 weeks ago</i>	<input type="text" value="1"/>	<input type="text"/>	<input type="text" value=""/>
<i>3 weeks ago</i>	<input type="text" value="1"/>	<input type="text"/>	Holiday <input type="text"/>
<i>2 weeks ago</i>	<input type="text" value="1"/>	<input type="text"/>	Other <input type="text"/>
<i>1 week ago</i>	<input type="text" value="1"/>	<input type="text"/>	Please select... <input type="text"/>

Think about a typical week in the last 4 weeks. Enter how many days a week you worked on a week and weekend day.

Enter 0 if no days worked

Typical week in the last 4 weeks	<i>Enter number of days/week worked</i>
<i>Week day</i>	<input type="text" value="1"/> days
<i>Weekend day</i>	<input type="text" value="1"/> days

Type of work

We would like to know the type and amount of physical activity involved in your work. Please choose the option that **best** describes your occupation(s) in the last 4 weeks from the following four possibilities:

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1. Sedentary occupation

You spend most of your time sitting (such as in an office)

2. Standing occupation

You spend most of your time standing or walking. However, your work does not require intense physical effort (e.g. shop assistant, hairdresser, guard)

3. Manual work

This involves some physical effort, including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter)

4. Heavy manual work

This implies very vigorous physical activity including handling of very heavy objects (e.g. dock worker, miner, bricklayer, construction worker)

Travel to and from work in the last 4 weeks

What is the approximate distance from your home to your work?

If working multiple locations away from the home, estimate average distance for journeys

Select here if you worked from home or multiple locations:

Miles:

Kilometers:

Travel to work

How many times a week did you travel from home to your main work?

Count outward journeys only

Please answer each line

<i>How did you normally travel to work?</i>	<i>Always</i>	<i>Usually</i>	<i>Occasionally</i>	<i>Never or rarely</i>
<i>By car/motor vehicle</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>By works or public transport</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>By bicycle</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Walking</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Recreation

The following questions ask about how you spent your leisure time.

Within each question, please select which activities you have done in the last 4 weeks. For each of these activities, you will be asked the **NUMBER OF TIMES** you did each specific activity and the **AVERAGE TIME** that you spent doing the activity on each occasion over the last 4 weeks.

You will be able to enter any activities not covered in the questionnaire at the end.

For example:

If you spent time walking in your leisure time in last 4 weeks, select walking. If you walked for 40 minutes once a week. You would complete the table below as follows:

Recreation

Q1. In the past 4 weeks did you do any of the following activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Swimming
- Walking
- Cycling
- Running/Jogging
- None of the above

Swimming

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Swimming - competitive	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Swimming leisurely	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Walking

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
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<i>Backpacking or mountain climbing</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
<i>Walking for pleasure (not as a means of transport)</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Cycling

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Racing or rough terrain cycling</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
<i>Cycling for pleasure (not as a means of transport)</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Running/Jogging

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Competitive running</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
<i>Jogging</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q2. In the past 4 weeks did you do any of the following household/gardening activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Gardening
- DIY e.g. carpentry, home or car maintenance
- Other household activities e.g. vacuuming
- None of the above

Gardening

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Mowing the lawn	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Watering the lawn or garden	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Digging, shovelling or chopping wood	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Weeding or pruning	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

DIY

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in	2 to 3 paopen	Once a	2 to 3	4 to 5	Every	Hours	Minutes
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

		<i>the last 4 weeks</i>	<i>times in the last 4 weeks</i>	<i>week</i>	<i>times a week</i>	<i>times a week</i>	<i>day</i>		
<i>DIY e.g. carpentry, home or car maintenance</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Other household

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Other household activities e.g. vacuuming</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q3. In the past 4 weeks did you do any of the following keeping fit/conditioning activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Aerobics
- Exercises with weights
- Conditioning exercises e.g. using a bike or rowing machine
- Floor exercises e.g. stretching, bending, keep fit, yoga or Pilates
- None of the above

Aerobics

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
High impact aerobics or step aerobics	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Other types of aerobics	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Exercises

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

<i>Exercises with weights</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
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Conditioning exercises

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Conditioning exercises e.g. using a bike or rowing machine</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Floor exercises

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Floor exercises e.g. stretching, bending, keep fit, yoga or Pilates</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q4. In the past 4 weeks did you do any of the following activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Football, rugby or hockey
- Cricket
- Rowing
- Netball, volleyball or basketball
- None of the above

Football, rugby or hockey

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Football, rugby or hockey	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Cricket

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Cricket	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Rowing

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Rowing</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Netball, volleyball or basketball

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Netball, volleyball or basketball</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q5. In the past 4 weeks did you do any of the following activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Tennis or badminton
- Squash
- Table tennis
- None of the above

Tennis or badminton

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Tennis or badminton	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Squash

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Squash	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Table tennis

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	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Table tennis</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q6. In the past 4 weeks did you do any of the following activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Bowling e.g. indoor, lawn or 10 pin
- Golf
- Fishing
- Dancing e.g. ballroom or disco
- Horse riding
- Sailing, wind-surfing or boating
- None of the above

Bowling

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Bowling e.g. indoor, lawn or 10 pin	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Golf

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

			the last 4 weeks						
Golf	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Fishing

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Fishing	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Dancing

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Dancing e.g. ballroom or disco	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Horse riding

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Horse riding			paopen						

	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
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Sailing, wind-surfing or boating

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Sailing, wind-surfing or boating</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q7. In the past 4 weeks did you do any of the following activities in your leisure time?

Please first select all that apply from the tick boxes, then answer any further questions that may appear below. If there are large differences in how long you did an activity on different days, please provide an average.

- Martial arts
- Physically-active computer games
- Ice/roller skating
- Skiing/snowboarding
- Snooker, billiards or darts
- Musical instrument playing or singing
- None of the above

Martial arts

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Martial arts	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Physically-active computer games

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

<i>Physically-active computer games</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
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Ice/roller skating

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Ice/roller skating</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Skiing/snowboarding

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Skiing/snowboarding</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Snooker, billiards or darts

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Snooker, billiards or darts</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

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Musical instrument playing or singing

	<i>Number of times you did the activity in the last 4 weeks</i>							<i>Average time per episode</i>	
	<i>None</i>	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
<i>Musical instrument playing or singing</i>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Recreation

Q8. Did you do any other activities that were not included in the lists above?

- Yes
 No

	<i>Number of times you did the activity in the last 4 weeks</i>						<i>Average time per episode</i>	
	<i>Once in the last 4 weeks</i>	<i>2 to 3 times in the last 4 weeks</i>	<i>Once a week</i>	<i>2 to 3 times a week</i>	<i>4 to 5 times a week</i>	<i>Every day</i>	<i>Hours</i>	<i>Minutes</i>
Other 1: <input type="text" value="Activity 1"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="1"/>	<input type="text"/>
Other 2: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Other 3: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Other 4: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
Other 5: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

Comments

Please do NOT close your browser before you press the SUBMIT button otherwise your questionnaire will not be received.

Would you like to add any comments? You can leave this blank.

Thank you

You have now completed the Recent Physical Activity Questionnaire.

Please make sure you click logout at the top right of the page.

