



International Physical Activity Questionnaire

Name:				Date:		Office Use Only Score
<input type="checkbox"/> OPCR	<input type="checkbox"/> OPPR	<input type="checkbox"/> Pre	<input type="checkbox"/> 30 day	<input type="checkbox"/> 60 day	<input type="checkbox"/> DC	

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in **the last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

1. Think about all the **vigorous** activities that you did in **the last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

No vigorous physical activities —————> **Skip to question 2**

1a. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ **days per week** of vigorous physical activities

1b. How much time did you usually spend doing **vigorous** physical activities on one of those days?

_____ **minutes per day**

2. Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

No moderate physical activities —————> **Skip to question 3**

2a. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? **Do not include walking.**

_____ **days per week** of moderate physical activities

2b. How much time did you usually spend doing **moderate** physical activities on one of those days?

_____ **minutes per day**

3. Think about the time you spent **walking in the last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

No walking —————> **Done**

3a. During the last 7 days, on how many days did you **walk** for at least 10 minutes at a time?

_____ **days per week**

3b. How much time did you usually spend **walking** on one of those days?

_____ **minutes per day**