General Practice Physical Activity Questionnaire

Date $\qquad$
Name $\qquad$

1. Please tell us the type and amount of physical activity involved in your work.

|  |  | Please <br> mark one <br> box only |
| :---: | :--- | :---: |
| a | l am not in employment (e.g. retired, retired for health reasons, unemployed, full- <br> time carer etc.) | $\square$ |
| b | I spend most of my time at work sitting (such as in an office) |  |
| c | l spend most of my time at work standing or walking. However, my work does <br> not require much intense physical effort (e.g. shop assistant, hairdresser, <br> security guard, childminder, etc.) | $\square$ |
| d | My work involves definite physical effort including handling of heavy objects and <br> use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, <br> gardener, postal delivery workers etc.) | $\square$ |
| e | My work involves vigorous physical activity including handling of very heavy <br> objects (e.g. scaffolder, construction worker, refuse collector, etc.) | $\square$ |

2. During the last week, how many hours did you spend on each of the following activities? Please answer whether you are in employment or not

Please mark one box only on each row

|  |  | None | Some but <br> less than <br> 1 hour | 1 hour but <br> less than <br> 3 hours | 3 hours or <br> more |
| :---: | :---: | :---: | :---: | :---: | :---: |
| a | Physical exercise such as swimming, <br> jogging, aerobics, football, tennis, gym <br> workout etc. | $\square$ | $\square$ | $\square$ | $\square$ |
| b | Cycling, including cycling to work and <br> during, leisure time | $\square$ | $\square$ | $\square$ | $\square$ |
| c | Walking, including walking to work, <br> shopping, for pleasure etc. | $\square$ | $\square$ | $\square$ | $\square$ |
| d | Housework/Childcare | $\square$ |  |  |  |
| e | Gardening/DIY | $\square$ |  |  |  |

3. How would you describe your usual walking pace? Please mark one box only.

