**Physical Activity**

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. [Insert other examples if needed]. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

**Work**

1. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)

\_\_1 Yes

\_\_2 No *(If No, go to Q4)*

1. In a typical week, on how many days do you do vigorous-intensity activities as part of your work?

Number of days: \_\_

1. How much time do you spend doing vigorous-intensity activities at work on a typical day?

Hours: \_\_ Minutes: \_\_

1. Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)

\_\_1 Yes

\_\_2 No *(If No, go to Q7)*

1. In a typical week, on how many days do you do moderate-intensity activities as part of your work?

Number of days: \_\_

1. How much time do you spend doing moderate-intensity activities at work on a typical day?

Hours: \_\_ Minutes: \_\_

**Travel to and from places**

The next questions exclude the physical activities at work that you have already mentioned.  
Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. [Insert other examples if needed]

1. Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

\_\_1 Yes

\_\_2 No *(If No, go to Q10)*

1. In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?

Number of days: \_\_

1. How much time do you spend walking or bicycling for travel on a typical day?

Hours: \_\_ Minutes: \_\_

**Recreational activities**

The next questions exclude the work and transport activities that you have already mentioned.

Now I would like to ask you about sports, fitness and recreational activities (leisure) [Insert relevant terms]

1. Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)

\_\_1 Yes

\_\_2 No *(If No, go to Q13)*

1. In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?

Number of days: \_\_

1. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

Hours: \_\_ Minutes: \_\_

1. Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, volleyball]  
   for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)

\_\_1 Yes

\_\_2 No *(If No, go to Q16)*

1. In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?

Number of days: \_\_

1. How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

Hours: \_\_ Minutes: \_\_

**Sedentary behavior**

The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping.  
[INSERT EXAMPLES] (USE SHOW CARD)

1. How much time do you usually spend sitting or reclining on a typical day?

Hours: \_\_ Minutes: \_\_

Notes: Scoring

See scoring guide, available at the website <https://www.who.int/ncds/surveillance/steps/resources/GPAQ_Analysis_Guide.pdf>

Overall scale reports physical activity. Subscales/domains are

* Work activity
* Travel
* Recreational activity

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