#### Modified GPAQ

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| **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. |
| **Activity at work** |
| 1 | Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate for at least 10 minutes continuously?  | Yes | 1 | P1 |
| No | 2  *If No, go to P 3* |
| *Please note the number of days a week and time spent each day on the following activities listed below.* ***Add*** *the number of days a week and time spent in a day in the total row. If the person does not do any of the activities listed below then circle “No” and go to P3.*  |
| 2 | **Activity** | **Number of days a week** | **Time spent in a day** | P2 |
| 2a | Digging | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2b | Carrying, loading or stacking heavy loads such as rocks or wood | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2c | Chopping wood or rocks with axe | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2d | Masonry, concrete and shoveling | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2e | Toddy tapping  | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2f | Coconut tree climbing | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2g | Selling vegetables/fruits/milk/fish in bicycles | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2h | Drawing water from well | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2i | Manual grinding | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2j | Pounding grains | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 2k | Servant maid | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
|  | Total  | └─┘ | Hours : minutes └─┴─┘: └─┴─┘ |
| 3 | Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate for at least 10 minutes continuously?  | Yes | 1 | P3 |
| No | 2 *If No, go to P 5* |
| *Please note the number of days a week and time spent each day on the following activities listed below.* ***Add*** *the number of days a week and time spent in a day in the total row. If the person does not do any of the activities listed below then circle “No” and go to P5.* |
| 4 | **Activity** | **Number of days a week** |  | **Time spent in a day** | P4 |
| 4a | Carrying, loading or stacking moderate loads such as bricks or stones | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4b | Mechanic (automobile repair) | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4c | Carpentry by hand | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4d | Plumbing | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4e | Tiles work | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4f | Animal care: feeding, bathing, cleaning animal house, etc | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4g | Milking cow by hand | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4h | Gardening: watering plants, pruning, sowing seeds, cleaning, etc | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4i | Washing clothes by hand | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4j | Sweeping floor with a broomstick | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4k | Mopping floor with hands | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4l | Patient care and elderly care | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4m | Tailoring | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 4n | Child care: dressing, bathing, grooming, feeding and occasional lifting of the child | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
|  | Total | └─┘ |  | 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.  |
| 5 | Do you walk or use a bicycle (*pedal cycle*) for at least 10 minutes continuously to get to and from places? | Yes | 1 | P5 |
| No | 2  *If No, go to P 7* |
| *Please note the number of days a week and time spent each day on the following activities listed below.* ***Add*** *the number of days a week and time spent in a day in the total row. If the person does not do any of the activities listed below then circle “No” and go to P7.* |
|  | **Activity**  | **Number of days a week** |  | **Time spent in a day** |  |
| 5a | To work | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ | P6 |
| 5b | To market | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 5c | To shops | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 5d | To bring children from school | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 5e | To see friends, relatives or others | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 5f | To temple, church or mosque or religious places | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
|  | Total  | └─┘ |  | 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]. |
| 6 | Do you do any vigorous-intensity sports, fitness or recreational (*leisure*) activities that cause large increases in breathing or heart rate for at least 10 minutes continuously?  | Yes  | 1 | P7 |
| No | 2  *If No, go to P 9* |  |
| *Please note the number of days a week and time spent each day on the following activities listed below.* ***Add*** *the number of days a week and time spent in a day in the total row. If the person does not do any of the activities listed below then circle “No” and go to P9.* |
|  | **Activity** | **Number of days a week** |  | **Time spent in a day** |  |
| 6a | Jogging | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ | P8 |
| 6b | Running | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 6c | Foot ball | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 6d | Kaleri | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 6e | Swimming | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| 6f | Skipping | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
|  | Total  | └─┘ |  | Hours : minutes └─┴─┘: └─┴─┘ |
| **Physical Activity (recreational activities)** contd. |
| 7 | Do you do any moderate-intensity sports, fitness or recreational *(leisure*) activities that causes a small increase in breathing or heart rate such as brisk walking for at least 10 minutes continuously? |  Yes  | 1 | P9 |
|  No | 2 *If No, go to P11* |
| *Please note the number of days a week and time spent each day on the following activities listed below.* ***Add*** *the number of days a week and time spent in a day in the total row. If the person does not do any of the activities listed below then circle “No” and go to P11.* |
|  | **Activity** | **Number of days a week** |  | **Time spent in a day** |  |
| 7a | Brisk walking | └─┘ |  | Hours : minutes└─┴─┘:└─┴─┘ | P10 |
| 7b | Animal care: feeding, bathing, cleaning animal house, etc | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| 7c | Gardening: watering plants, pruning, sowing seeds, cleaning, etc | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| 7d | Exercise | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| 7e | Volley ball | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| 7f | Shuttle | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| 7g | Dancing | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
|  | Total  | └─┘ |  | Hours : minutes └─┴─┘:└─┴─┘ |
| **Sedentary behaviour** |
| 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, travelling in car, bus, train, reading, playing cards or watching television], but do not include time spent sleeping. |
| 8 | How much time do you usually spend sitting or reclining on a typical day? |  Hours : minutes └─┴─┘: └─┴─┘ hrs min s | P11 (a-b) |