#### 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) | |