

Collection date of physical activity information:

(DD-MM-YYYY)

PHYSICAL ACTIVITY AT WORK

Does the participant's work involve vigorous-intensity activity that causes large increases in breathing or heart rate (e.g. carrying or lifting heavy loads, digging or construction work) for at least 10 minutes continuously?

- ☐ Yes
☐ No

(If YES) In a typical week, on how many days does the participant do vigorous-intensity activities at work?

(Number of days.)

(If YES) How much time does the participant spend doing vigorous-intensity activities at work on a typical day?

(In hours.)

Does the participant's work involve moderate-intensity activity that causes small increases in breathing or heart rate (e.g. brisk walking or carrying light loads) for at least 10 minutes continuously?

- ☐ Yes
☐ No

(If YES) In a typical week, on how many days does the participant do moderate-intensity activity at work?

(Number of days.)

(If YES) How much time does the participant spend doing moderate-intensity activities at work on a typical day?

(In hours.)

PHYSICAL ACTIVITY DURING WORK/SCHOOL TRAVEL

Does the participant walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

- ☐ Yes
☐ No

(If YES) In a typical week, on how many days does the participant walk or bicycle for at least 10 minutes continuously to get to and from places?

(Number of days.)

(If YES) How much time does the participant spend walking or bicycling for travel on a typical day?

(In hours.)

RECREATIONAL PHYSICAL ACTIVITY

Does the participant do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate (e.g. running or football) for at least 10 minutes continuously?

- ☐ Yes
☐ No

(If YES) In a typical week, on how many days does the participant do vigorous-intensity sports, fitness or recreational (leisure) activities?

(Number of days.)

(If YES) How much time does the participant spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

(In hours.)

Does the participant do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate (e.g. brisk walking, cycling, swimming, volleyball) for at least 10 minutes continuously?

- ☐ Yes
☐ No

(If YES) In a typical week, on how many days does the participant do moderate-intensity sports, fitness or recreational (leisure) activities?

(Number of days.)

(If YES) How much time does the participant spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

(In hours.)

SEDENTARY LIFESTYLE

How much time does the participant usually spend sitting or reclining on a typical day?

(In hours.)

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