

# HERTS 31-39 –PHYSICAL ACTIVITY QUESTIONNAIRE

Name \_\_\_\_\_

Date //

Serial number /

We would like to see how many of the following activities you have done anywhere (work, home, on holiday etc), over the last 12 months. Please read the list and tick “no” in column 2 if you have not done them or “yes” in column 3 if you have. If you tick “yes” to an activity, please tick which months you did it in, remembering that some of the months may be in the previous year. Looking back over the last 12 months, please estimate how many times you did it per month and the average duration for each occasion (see example).

Please read the list of activities and then answer for each one	Did you perform this activity?		Month of activity												Average number of times per month	Duration per occasion		For office use (MET code)			
			Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec		Hrs	Mins				
<i>Example</i> Slow dancing - slow ballroom, waltz, foxtrot		4	4	4			4			4	4	4	4	0	0	4	0	0	1	5	3.0

## Section A: Walking & related activities

	No	Yes																			
Walking for pleasure outdoors (inc. during work breaks & walking the dog)																					3.5
Walking to and/or from work																					4.0
Walking indoors (e.g at work or around the house)																					2.0
Walking <u>up</u> stairs, or climbing a ladder																					8.0
Cross-country hiking (on flat or hilly land for at least 1 hr)																					6.0
Backpacking (walking & carrying pack weighing min of 20lb)																					7.0
Mountain or rock climbing																					8.0
Bicycling outdoors (leisurely pace for pleasure & to work)																					4.0
<b>Other activities</b> _____																					

## Section B: Conditioning exercise

Light/moderate effort exercises – light aerobics, home exercises																					3.5
Vigorous effort exercises - aerobics, pushups, situps, pullups																					8.0
Yoga, stretching exercises, pilates																					2.5
Gym club workout - moderate effort, general gym workout																					5.5
Jogging																					7.0
Running – light/moderate effort outdoors &/or treadmill																					8.0
Running – vigorous effort more than 7mph outdoors &/or treadmill																					11.5

Please read the list of activities and then answer for each one	Did you perform this activity?
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Month of activity											
Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec

Average number of times per month
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Duration per occasion	
Hrs	Mins

For office use (MET code)
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**Section B: Conditioning exercises continued** No Yes

Lifting weights/loads – any loads, light/moderate effort		
<b>Other activities</b> _____		




3.0

**Section C: Water activities**

Water skiing		
Sailing for pleasure - boat & board sailing, windsurfing, ice sailing		
Rowing or canoeing for pleasure (not including rowing at the gym)		
Swimming – leisurely, including seaside swimming but not lap swimming		
Swimming – laps, lane, any stroke, freestyle, slow, light/moderate effort		
Swimming – laps, lane, any stroke, freestyle, fast, vigorous effort		
Scuba diving		
Snorkelling		
<b>Other activities</b> _____		




6.0
3.0
3.5
6.0
8.0
10.0
7.0
5.0

**Section D: Winter activities**

Skiing		
Ice or roller skating		
<b>Other activities</b> _____		




7.0
7.0

**Section E: Sports**

Bowling		
Table tennis, ping pong		
Tennis		
Horse riding		
Slow dancing – slow ballroom, waltz, foxtrot		
Fast dancing – fast ballroom, disco, folk, line, square, country		
Football		
Badminton		




3.0
4.0
7.0
4.0
3.0
4.5
7.0
4.5

Pease read the list of activities and then answer for each one	Did you perform this activity?
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Month of activity											
Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec

Average number of times per month
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Duration per occasion	
Hrs	Mins

For office use (MET code)
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**Section E: Sports continued** No Yes

Cricket		
Darts		
Squash		
Golf carrying own clubs		
Golf riding a power cart		
<b>Other activities</b> _____		




5.0
2.5
12.0
4.5
3.5

**Section F: Lawn & Garden activities**

Mowing lawn (with hand or power mower)		
Mowing lawn riding mower		
Raking lawn		
Weeding, cultivating garden, trimming shrubs or trees		
Digging, spading, filling garden, composting		
Sacking grass, leaves		
Planting seedlings, shrubs, flowers		
<b>Other activities</b> _____		




5.5
2.5
4.3
4.5
5.0
4.0
4.5

**Section G: Domestic & maintenance activities**

Shopping (include any shopping i.e for food & non food items)		
General cleaning (dust, tidy up, washing, changing linen etc)		
Vacuuming & mopping		
Cooking or food preparation, putting away groceries		
Scrubbing floors on hands & knees, scrubbing bathroom		
Ironing		
Playing a musical instrument (please specify) _____		
Child Care – dressing, bathing, grooming, feeding, occasional lifting		




2.3
3.0
3.5
2.5
3.8
2.3
2.5

Please read the list of activities and then answer for each one	Did you perform this activity?
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Month of activity											
Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec

Average number of times per month
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Duration per occasion	
Hrs	Mins

For office use (MET code)
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### Section G :Home activities continued

No Yes

Sitting playing with child(ren) – light effort		
Running/walking to play with child(ren) – moderate effort		
Elderly or disabled adult care (lifting, dressing, bathing, grooming etc)		
Carpentry, outside house – erecting shed, fences, laying patios etc		
Carpentry, workshop – putting up shelves, general repairs etc		
Plumbing &/or wiring		
Painting indoors, wallpapering, plastering, scraping, waxing floors		
Painting outdoors - guttering, fascias, windows etc		
<b>Other activities</b> _____		




2.5
4.0
4.0
6.0
3.0
3.0
3.0
5.0

### Section H: Fishing & Hunting

Fishing from the river bank		
Fishing in a stream, in waders		
Hunting (including small or large game)		
Shooting game or trap shooting– duck, grouse etc		
<b>Other activities</b> _____		




3.5
6.0
5.0
2.5

THANK YOU FOR TAKING TIME TO COMPLETE THIS QUESTIONNAIRE

For official use checked by

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