

# BSA-Questionnaire

Participant

**Q1** Are you employed, studying, or in an apprenticeship (also homemaker)?

☐ Yes (continue with Q2)

☐ No (continue with Q3)

**Q2** Your job involves...

None

Sometimes

Mostly

Always

sitting activities

☐
☐
☐
☐

some activities

☐
☐
☐
☐

intensive activities

☐
☐
☐
☐

**Q3** On **how many days and how long** have you practiced the following activities in the **last 4 weeks**?

on ... days

ca. ... min/day

None

Walking to work


☐

Walking to the supermarket


☐

Riding by bike to work


☐

Riding bike for other purposes


☐

Go for a walk


☐
Physically demanding homework  
(cleaning, tidying up, etc.)

☐
Physically demanding care work  
(maintaining kids or care recipient)

☐

**Q4** On how many days and how long have you climbed stairs in the **last 4 weeks**?

on  daysca  floors/day

None

☐