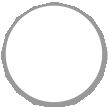
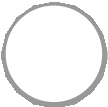
### Thank you for participating in the research!



#### Welcome to start the survey. Filling the survey will take around 30-45 minutes.

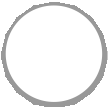
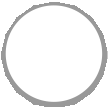
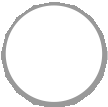
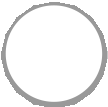
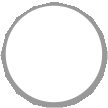
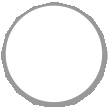
**Instructions:**

* **Answer the questions as honestly and carefully as possible.**
* **There are no right or wrong answers, so answer based on your own feeling.**
* **If something is unclear, ask the research assistant for help and he/she will give you additional instructions.**
* **Choose the most applicable option based on how much you agree with the statement or how well it describes you.**

##### I have read the information form and signed the consent (note that you can continue filling the survey only by choosing the option ’yes’).

Yes No

### Background information



##### Your first name

Your last name

Year of birth

Your gender

Boy Girl

##### In which country were you born?

In Finland

Somewhere else, where?

##### Your parents’ countries of birth:

Both of my parents have been born in Finland

One/both of my parents have been born somewhere else than Finland

##### Your parents’ countries of birth in case it is not Finland:

Mother:

Father:

##### The following questions are regarded to your Finnish language skills. How well do you…

Not at all A little

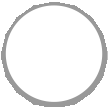
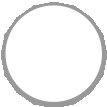
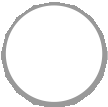
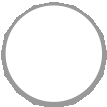
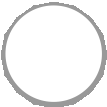
Somewhat

Quite well

Very well



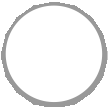
Understand   
Finnish?

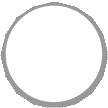
Speak Finnish?

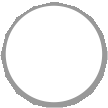
##### The identification code of your study group:

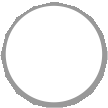
If you were not born in Finland, in which year have you moved to live in Finland?

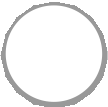
Which study year are you currently in?

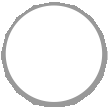
 1st year

 2nd year

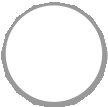
 3rd year

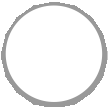
 4th year

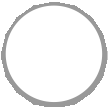
 5th year

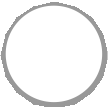
 Something else, specify

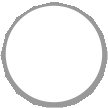
##### What degree are you pursuing?

 Basic Degree in Information and Communications Technology

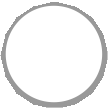
 Basic Degree in Business and Administration

 Basic Degree in Leisure Management

 Basic Degree Social and Health Services, practical nurse

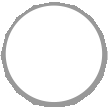
 Something else, what?

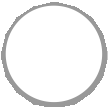
##### Do you work alongside with your studies?

 Yes No

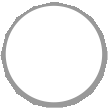
##### If you answered yes, what is your title/profession?

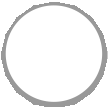
What is the highest educational degree that your mother holds?

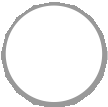
 Basic education

 Vocational upper secondary education

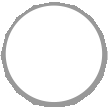
 General upper secondary education

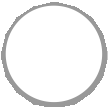
 General and vocational upper secondary education

 University of Applied Sciences degree   
 University degree or higher education

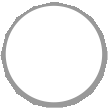
 I do not know

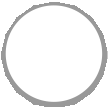
What is the highest educational degree that your father holds?

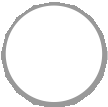
 Basic education

 Vocational upper secondary education

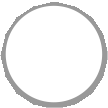
 General upper secondary education

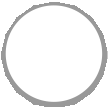
 General and vocational upper secondary education

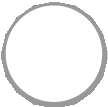
 University of Applied Sciences degree  
 University degree or higher education

 I do not know

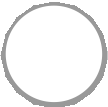
##### How many minutes in total do you walk or bike to school and work on a daily basis?

 I use a motor vehicle for the entire transportation

 Less than 15 minutes a day

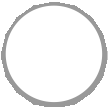
 15 – 29 minutes a day

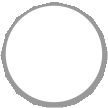
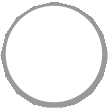
 30 – 60 minutes a day

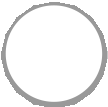


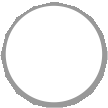
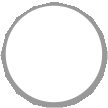
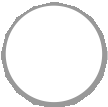
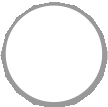
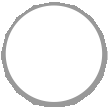
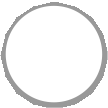
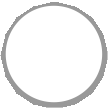
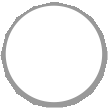
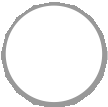
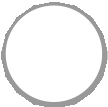
more than an hour a day

##### How physically consuming are your school and work days? (Choose the option most applicable to your current situation.)

 Mainly sedentary, I do not walk much.

 I walk quite a lot but I do not have to lift or carry heavy objects.   
 I have to walk and carry objects a lot or climb stairs or go uphill.

 I engage in physically tough work where i have to lift or carry heavy objects, dig, shovel or chop etc.



**Next, a couple of questions regarding your health**

##### Currently, I find my overall health to be…

Very good

Quite good Average

Quite poor

Very poor

##### I find my current physical fitness to be…

Very good

Quite good Average

Quite poor

Very poor

##### Do you have a health condition or disability that restricts your physical activity?

No

Yes, infection (e.g. flu, etc.)

Yes, disability (e.g. sprain, repetitive strain injury, etc.)

Yes, a long-term or permanent disease or disability (e.g. asthma)

You can specify here:

Have you had any of the following symptoms **during the past half a year,** and for how long?

Rarely or   
not at all

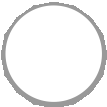
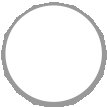
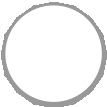
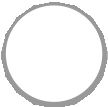
Around once a month

Around once a week

Almost   
daily



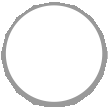
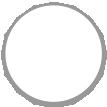
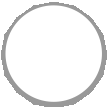
Neck or shoulder pain

Lower back   
pain



Stomach ache

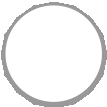
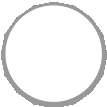
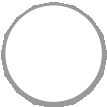
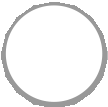
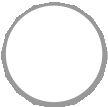
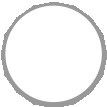
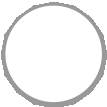
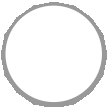
Tension

or      
nervousness



Irritability or bursts of anger

Difficulties to

fall asleep or    



Headache

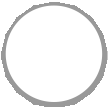
waking up at night

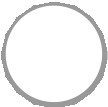
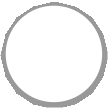
Tiredness or faintness

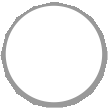
**Stress**

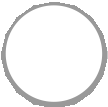
Stress refers to a situation where a person feels oneself agitated, restless or distressed, or has difficulties in sleeping because of all the things that bother him/her.

##### Do you feel this kind of stress nowadays?

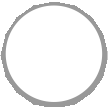
 Not at all

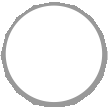
 Just a little  Somewhat

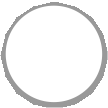
 Quite a lot

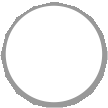
Very much

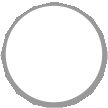
##### Do you smoke?

 I have never smoked

 Yes, occasionally

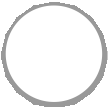
 Yes, regularly, 1-10 cigarettes a day

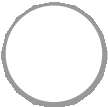
 Yes, regularly, over 10 cigarettes a day

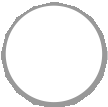
 No, I quit

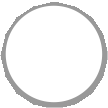
years ago

##### How often do you eat breakfast at home during the school week?

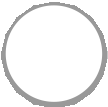
 Every day

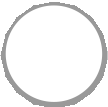
 3-4 times a week

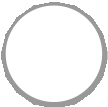
 2-3 times a week

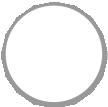
 Rarely or never

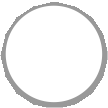
##### How do you usually eat? I think I eat…

 Very unhealthy

 Quite unhealthy

 Not healthy but not unhealthy either

 Quite healthy

 Very healthy

How many **hours** on average do you sleep **during the night**? Think about the **past couple of weeks.**

hours on average per night

### Next, some questions regarding your physical activity

**In this questionnaire we refer to all activity during your FREE TIME that makes you catch your breath or increases your heart rate as physical activity. This includes for example brisk walking, biking to school, ball games, running, skateboarding, snowboarding, dancing, gym training and group training.**

We ask you to answer these questions as accurately and carefully as possible, too.

##### During the past 7 days, on how many days were you physically active in a way that the intensity level was moderate or more, and the overall physically active time was at least 30 minutes during one day. Choose the right alternative.

0 (none) 1 2 3 4 5 6 7



###### ... days a week

During the past 7 days, how many hours of this kind of physical activity did you get during your free time (give your answer with an accuracy of 30 minutes).

Hours: Minutes:

In total

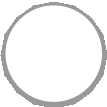
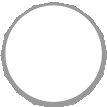
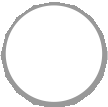
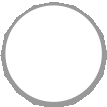
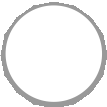
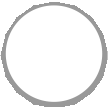
##### On your free time, how often do you engage in physical activity for at least 30 minutes in a way that you are at least slightly catching your breath and sweating?

I cannot be physically active due to an illness or injury

Less than once a week

1-2 times a week

1. times a week
2. times a week
3. times a week or more



##### How many hours a week are you usually physically active in a way that you are catching your breath and sweating?

Not at all

About   
half an   
hour

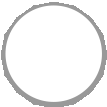
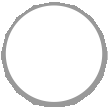
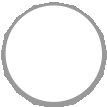
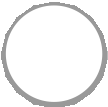
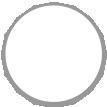
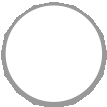
About   
an hour

About   
1,5 hours

About   
2-3 hours

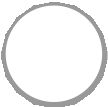
About  
4-6 hours

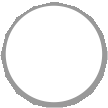
About 7 hours or more

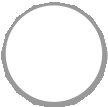


##### How much are you physically active or physically strain yourself on your free-time? (If this varies seasonally, mark down the option that best describes your average situation.)

 On my free-time, I read, watch TV and do chores where I am not especially physically active or that do not physically strain me.

 On my free-time, I walk, bike or am otherwise physically active at least 4 hours per week.

 On my free-time, I engage in actual fitness training on average at least for 3 hours per week.

 On my free-time, I engage in competitive training regularly multiple times a week.

##### What forms of physical activity did you regularly (or more than once) engage in during the last month?

Choose all that apply:

ball games on a team, e.g. football, floorball

other ball games, e.g. tennis, badminton, golf, baseball

gym training

combat sports

instructed PA, e.g. bodypump or group training home workout, e.g. using an online video

cycling swimming walking

running

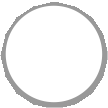
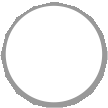
skiing, downhill skiing

roller skiing or roller skating

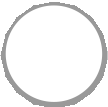
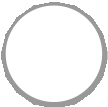
horseback riding

other type of physical activity, what?

##### Do you do sports in a sports club currently?

 Yes  No

##### Do you do sports on a competitive level?

 Yes No

### Next, we will ask about your perceptions on physical activity

**While answering the questions, think about your FREE TIME physical activity that increases your heart rate and makes you catch your breath and in which you engage at least for 1.5 hours a week.**

**The weekly amount can accumulate in various ways, for example**

* **from three separate half-an-hour, or**
* **from six separate 15-minute, or**
* **from two 45-minute physical activity sessions.**

**Physical activity that increases your heart rate and makes you catch your breath includes for example brisk walking, biking to school, ball games, running, skateboarding, snowboarding, dancing, gym training or group training.**

##### What kind of consequences do you expect there to be, if you were physically active weekly at least 1.5 hours in a way that increases your heart rate and makes you catch your breath?

It would put me   
in a good mood

It would take too much time from other important things in my life

It would help me to control my weight 

It would help me to grow muscle mass

It would improve my ability to work and do my daily chores

Completely disagree

1 2 3

Neither disagree nor agree

4 5 6



Completely agree  
 7

It would help me to have energy

Completely disagree

1 2 3

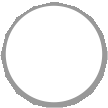
##### 

Neither disagree nor agree

4 5 6

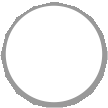
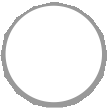
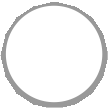
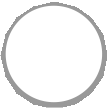
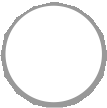
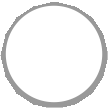
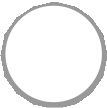
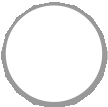
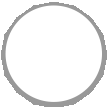
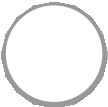
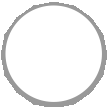
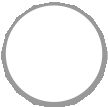
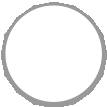
##### 

Completely agree  
7





It would help me gain new experiences

It would be stressful and mentally consuming

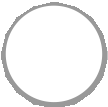
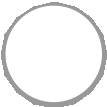
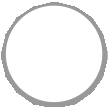
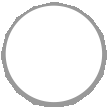
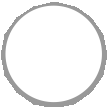
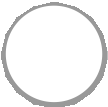
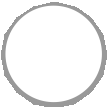


It would be physically consuming in a negative way

It would help me to sleep better



It would help me to get experiences of success

It would support my self-esteem

##### People have many different reasons to be physically active. Why are you physically active during your free time?

I exercise because...

Not true

for me

1 2

Sometimes true for me

3 4

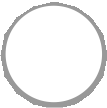
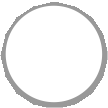
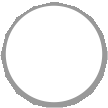
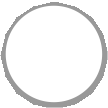
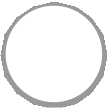
Very true   
for me

5



… other people say I should.

… others will not

be pleased with     

me if I don’t.

Not true   
for me

1 2

Sometime true for me

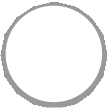
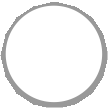
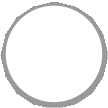
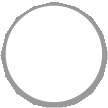
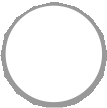
3 4

Very true   
for me

5

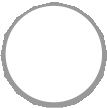
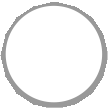
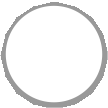
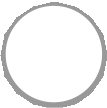


I can’t see why I should bother exercising on my free time

…I feel under pressure from my friends/family to exercise.



… I feel guilty when I don’t exercise

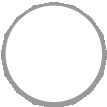
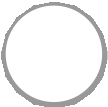
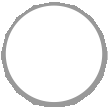
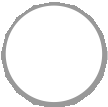
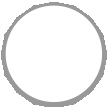
… I feel like a failure     

when I haven’t exercised in a while.



I don’t see why I should have to exercise.

… I think it is   
important to make

the effort to     

exercise regularly.



… I value the benefits of exercise.

##### I exercise because...

Not true for me

1 2

Sometimes true for me

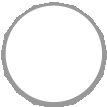
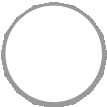
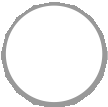
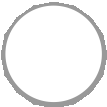
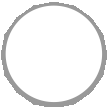
3 4

Very true for me  
5



… it is consistent with my life goals.

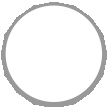
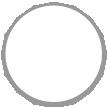
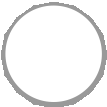
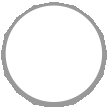
…It is important to

me to exercise      regularly.



…I get pleasure and satisfaction from participating in exercise.

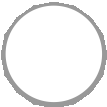
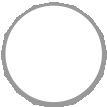
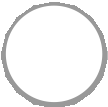
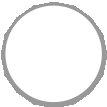
...I comsider

exercise consistent        
with my values.



…It is fun.

…exercise is a

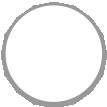
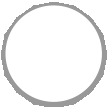
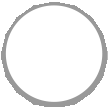
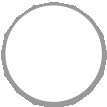
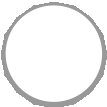
fundamental part     



… I enjoy my exercise sessions

of what I am

I don’t see the

point in     



I think exercising is a waste of time.

exercising.

##### Think about your own life situation and choose the option that describes it the best.

I have enough money to be physically active

There are good bikeways and running tracks in my environment

I don’t have the sports equipment I need

There are a lot of good exercise facilities near me (e.g. swimming halls, gyms, sports centers)  
  
Lacking sports equipment does not keep me from doing PA

I am very busy because of school, hobbies and/or friends

I have a lot of opportunities to do PA at home

My or my family’s religion restricts my physical activity

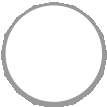
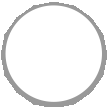
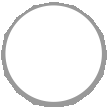
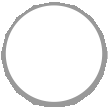
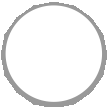
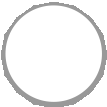
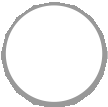
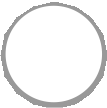
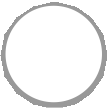
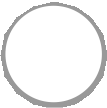
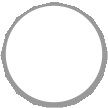
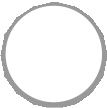
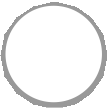
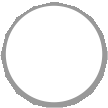
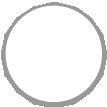
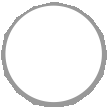
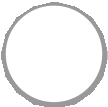
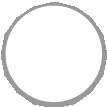
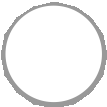
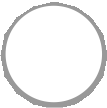
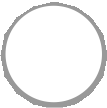
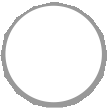
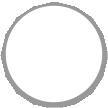
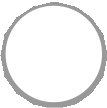
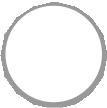
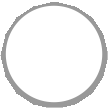
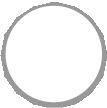
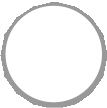
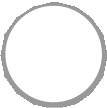
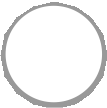
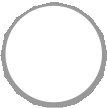
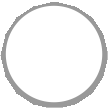
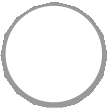
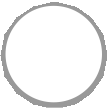
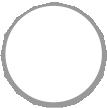
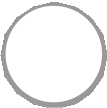
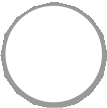
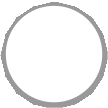
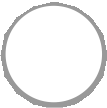
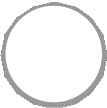
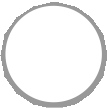
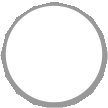
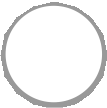
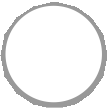
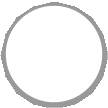
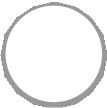
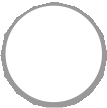
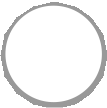
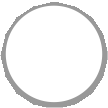
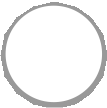
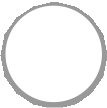
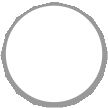
Strongly  
disagree

1 2 3

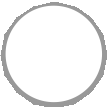
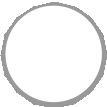
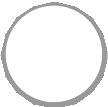
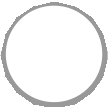
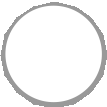
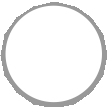
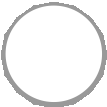
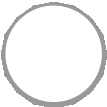
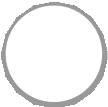
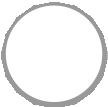
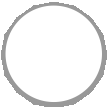
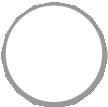
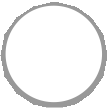
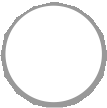
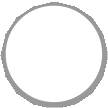
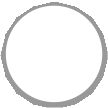
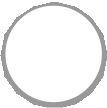
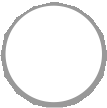
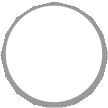
Neither  
agree   
nor   
disagree

4 5 6

Strongly  
agree  
7



# You are half-way through, great!



**While answering the questions, think about your FREE TIME physical activity that increases your heart rate and makes you catch your breath and in which you engage at least for 1.5 hours a week.**

**The weekly amount can accumulate in various ways, for example**

* **from three separate half-an-hour, or**
* **from six separate 15-minute, or**
* **from two 45-minute physical activity sessions.**

**Physical activity that increases your heart rate and makes you catch your breath includes for example brisk walking, biking to school, ball games, running, skateboarding, snowboarding, dancing, gym training or group training.**

##### The following statements regard your parents’ and friends’ attitudes towards physical activity.

Most of my friends are regularly physically active, at least 1.5 hours per week

My parents are regularly physically active, at least 1.5 hours per week

My parents would want me to be regularly physically active, at least 1.5 hours per week

Strongly disagree

1 2 3 4 5 6

Completely agree

7

##### What are your intentions for the next month?

Unlikely

1 2 3 4 5 6

Likely

7



I intend to be regularly physically active, at least 1.5 hours per week, during the next month

Definitely  
not

1 2 3 4 5 6

Definitely   
yes

7



I intend to be regularly physically active, at least 1.5 hours per week, during the next month

.

##### Currently, I have made a detailed plan regarding…

Completely disagree   
1

Disagree

2

Agree

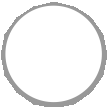
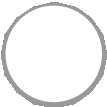
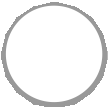
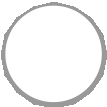
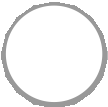
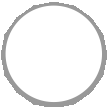
3

Completely  
agree

4



... when to exercise

... where to exercise    



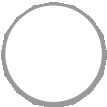
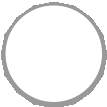
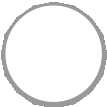
... how to exercise

... how often to exercise



... what to do if something interferes with my plans

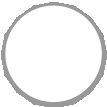
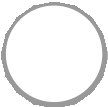
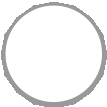
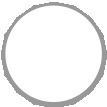
... how to

cope with     possible setbacks



... what to do in difficult situations in order to act according to my intentions

... which

good    

opportunities for action to take

**While answering the questions, think about your FREE TIME physical activity that increases your heart rate and makes you catch your breath and in which you engage at least for 1.5 hours a week.**

**The weekly amount can accumulate in various ways, for example**

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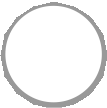
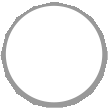
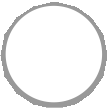
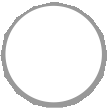
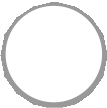
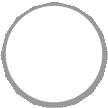
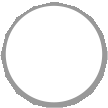
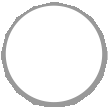
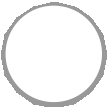
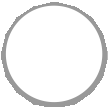
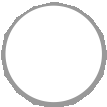
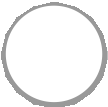
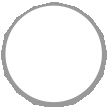
##### How confident are you about being able to be physically active in a way that increases your heart rate and makes you catch your breath regularly at least 1.5 hours a week if you wanted to?

If I wanted, I could be regularly physically active.

Strongly disagree

1 2 3 4 5 6

Strongly agree   
7



For me being regularly physically active is

Easy

1 2 3 4 5 6

Difficult 7

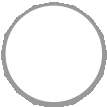
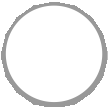
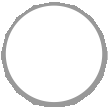
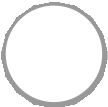
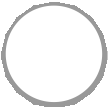
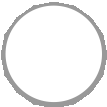
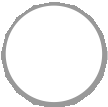
Strongly disagree

1 2 3 4 5 6

Strongly agree   
7



I have full contol over whether or not to be regularly physically active.

Being physically active is not entirely up to me.



I am confident that I can overcome difficulties that prevent me from being regularly physically active

##### Have you done the following during THE LAST THREE WEEKS?

Not at all true

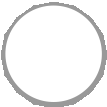
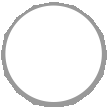
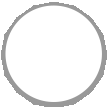
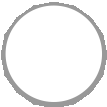
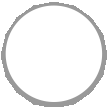
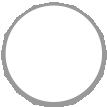
0 1 2 3 4

Completely true   
5



I have set PA goals for myself.

I have personally made a specific plan (“what,

where, how”) to implement      

my PA.

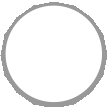
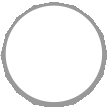
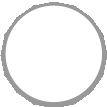
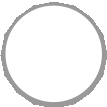
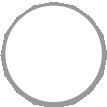
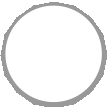
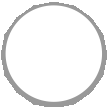
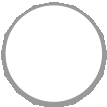
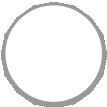
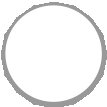
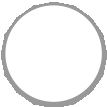


I have a PA plan, which has been made by someone else, e.g. my sports club (e.g. a workout schedule).

I have a way by which I remind myself of my PA plan, e.g. I write down in the calendar.



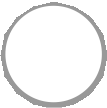
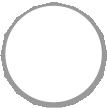
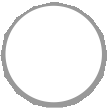
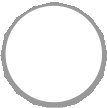
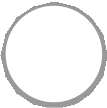
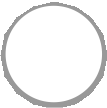
I have cut larger PA goals to smaller subgoals..

I have tried out new ways for me to be physically active.



I have pondered, what kind of difficult situations or barriers prevent me from implementing my PA plan.

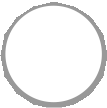
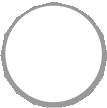
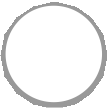
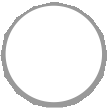
I have planned for

ways to overcome       barriers to doing PA.



I have thought about how PA fits my identity (self concept)..

I have attempted to   
find ways to exercise

so, that it won’t obstruct      

but instead helps actualise my other life values.

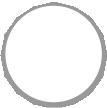
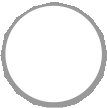
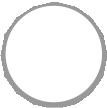
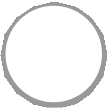
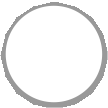
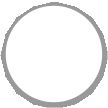
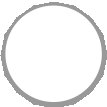
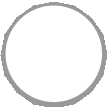
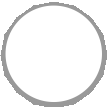
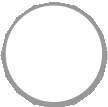
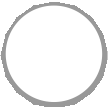
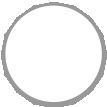
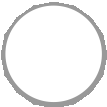
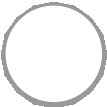
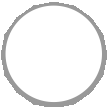
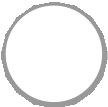
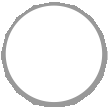
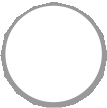
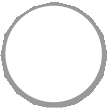
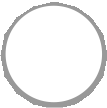
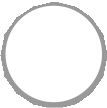
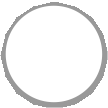
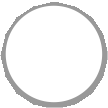
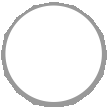
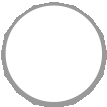
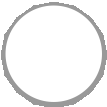
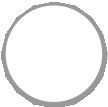
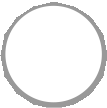
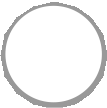
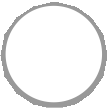
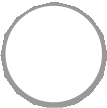
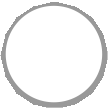
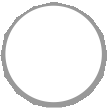
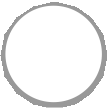
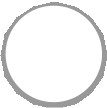
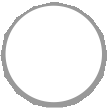
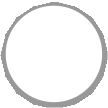
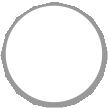
##### Have you done the following during THE LAST THREE WEEKS?

Not   
once Once Twice Weekly

About every second day

Daily

0 1 2



I have reminded myself even in my spare time, what kind of positive consequences frequent PA would have in my life.  
  
I have monitored my PA by marking the PA occasions on an exercise log on paper.

I have monitored my PA by using a smart phone, e.g. the Moves-app.

I use mnemonic cues with which I remember to implement my PA intention.

I have compared my actualized PA with the PA goal I have set.

I have thought about which reasons to do PA are important to me personally.

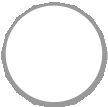
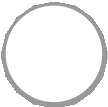
I have made changes   
in my home (e.g.   
my room or my   
computer), so that  
 starting PA would  
 be easier3 4 5

Not   
once Once Twice Weekly

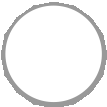
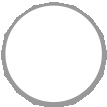
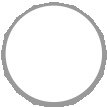
About every second day

Daily

I have asked my friends or family for support to reach my PA goals.0 1 2



3 4 5



Not   
once Once Twice Weekly

About every second day

Daily

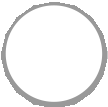
I achieved my goal

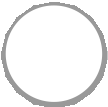
0 1 2 3 4 5 6



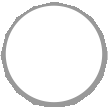
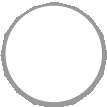
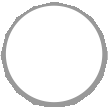
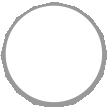
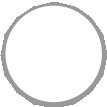
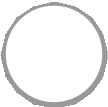
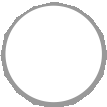
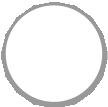
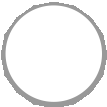
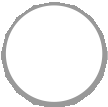
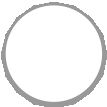
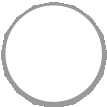
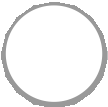
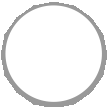
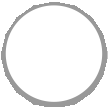
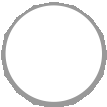
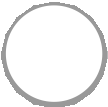
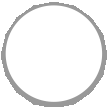
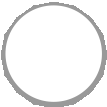
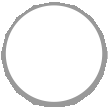
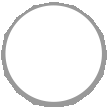
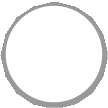
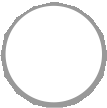
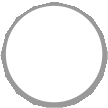
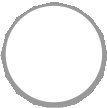
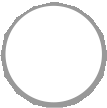
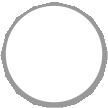
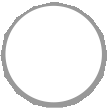
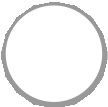
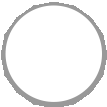
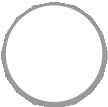
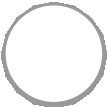
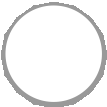
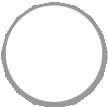
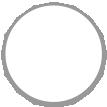
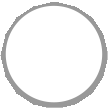
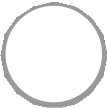
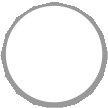
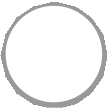
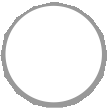
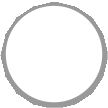
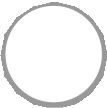
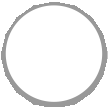
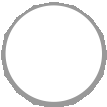
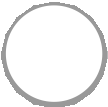
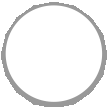
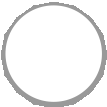
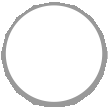
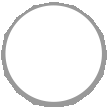
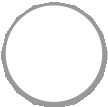
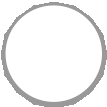
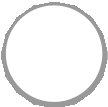
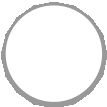
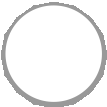
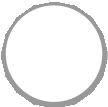
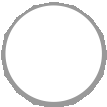
If I haven’t reached my PA goal, I have evaluated, what went wrong.

##### Do you currently have a PA goal?

 No

 Yes (Tell briefly what your current PA goal is)

# You are doing well, you have gotten far in the survey!



##### How would you describe yourself? Choose the answer that best applies to you.

I see myself as…

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Neither agree |  |  |  |
| Disagree strongly  1 | 2 | 3 | nor  disagree  4 | 5 | 6 | Agree  strongly 7 |

... Extraverted, enthusiastic

... Critical, quarrelsome

...Dependable, self-disciplined

... Anxious, easily upset.

... Open to new experiences, complex.

... Reserved (cautious around new people), quiet.

...

Symphatetic, warm.

... Disorganized, careless.

Disagree strongly

1 2 3

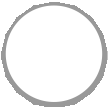
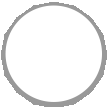
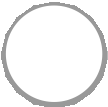
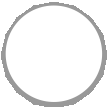
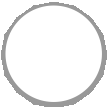
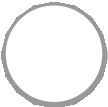
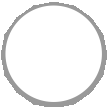
Neither agree nor disagree

4 5 6

Agree strongly   
  
7



...Calm, emotionally stable.

... Conventional, uncreative.

The following questions are regarded to sitting and lying down

**In this questionnaire, sitting refers to sitting or lying still, e.g. at home on the computer, in class, in cafes or on transportation vehicles.**

**During the last 7 days, how many hours did you spend sitting down, e.g. while visiting friends, reading, sitting on vehicles, watching TV or being on computer?**

##### On a typical school day during the past week (fill in hours and minutes below)

N.B. on average on one day!

Hours

Minutes

##### On a typical day on the weekend during the past week (fill in hours and minutes below)

N.B. on average on one day!

Hours

Minutes

##### Please estimate, how long do you sit still during a lesson (45 min).

Think about the past week and the total time you spent sitting still.

How often did you take a break from sitting e.g. by standing up, stretching or moving around?

less than after every hour

after   
every   
hour

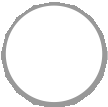
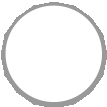
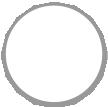
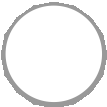
after every half- hour

after   
every 10 minutes

after   
every 5 minutes



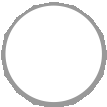
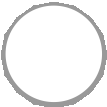
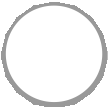
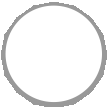
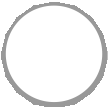
…during   
lessons

...at home watching TV or DVDs.



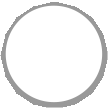
… at home on computer.

… while

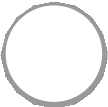
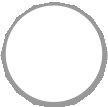
hanging out      with friends.

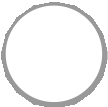


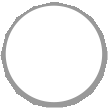
…during the learning-on-the-job

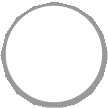
OR I didn’t sit still more than 30 minutes at a time during the day

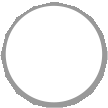
##### What do you find a too long of a time to sit still in at a time?

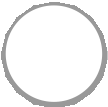
 Mielestäni rajaa liian pitkälle istumiselle ei ole  15 min at a time

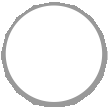
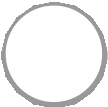
 30 min at a time

 45 min at a time

 1 h at a time

 2 h at a time

 3 h at a time

 4 h at a time or more  
 I cannot say

# Awesome, you are reaching the finish line!

**Here, sitting reduction refers to**

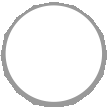
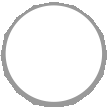
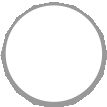
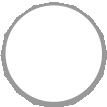
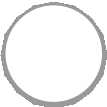
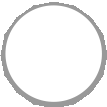
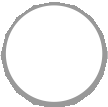
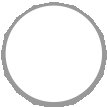
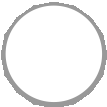
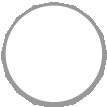
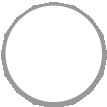
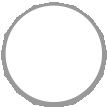
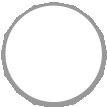
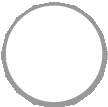
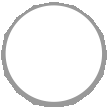
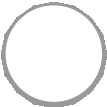
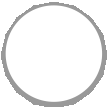
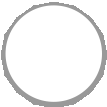
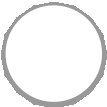
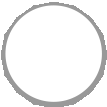
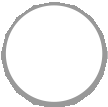
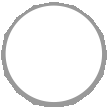
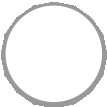
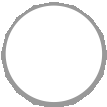
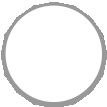
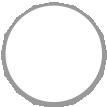
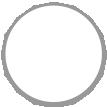
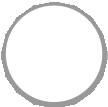
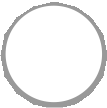
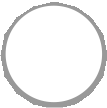
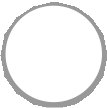
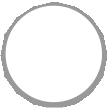
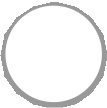
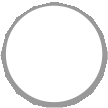
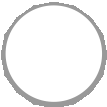
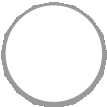
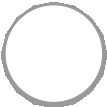
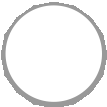
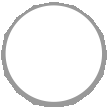
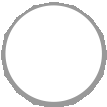
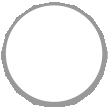
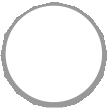
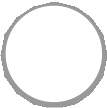
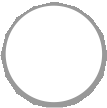
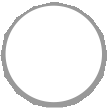
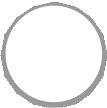
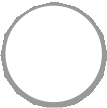
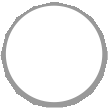
**taking a break from continuous sitting or lying down at least after every half an hour**

**and**

**avoiding sitting and lying down in general.**

**E.g. on your *free time* sitting reduction can be occasional stretching in front of the TV or computer, *on commute* standing on the vehicle, and *in school* following the lesson sitting on a gym ball or standing.**

##### If I restricted my sitting, as a result…



... I would feel uncomfortable.

... I would be refreshed and gain energy.

… I would be able to better concentrate.

… neck and back pains and headaches would be reduced.

… my muscles would not degenerate.

… my brain would function better

… it would disturb doing other things.

Strongly disagree

1 2 3

Neither agree nor disagree

4 5 6

Completely agree  
7

##### How do others in your school feel about sitting?

Most of my school mates…

Strongly dsagree

1 2 3

Neither agree nor disagree

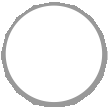
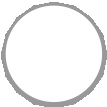
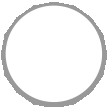
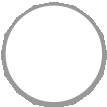
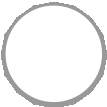
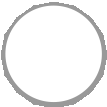
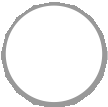
4 5 6

Strongly agree   
  
7



…try to restrict their sitting during the SCHOOLDAY

…try to restrict their sitting

during their       

FREE-TIME.



…sees it as acceptable that I try to restrict my sitting AT SCHOOL

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Neither agree |  |  |  |
| Strongly disagree  1 | 2 | 3 | nor disagree  4 | 5 | 6 | Strongly agree  7 |



Most of my teachers would accept it if I restricted my sitting AT SCHOOL.

##### Answer the following statements regarding sitting restriction.

Strongly disagree

1 2 3

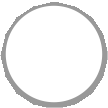
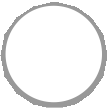
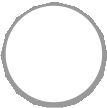
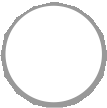
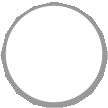
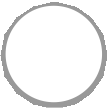
Neither agree nor disagree

4 5 6

Strongly agree  
  
7



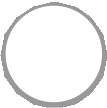
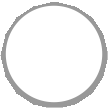
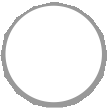
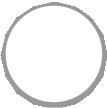
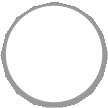
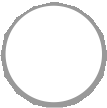
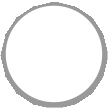
If I want, I can restrict my sitting AT SCHOOL

It is fully up to me whether I restrict my sitting AT SCHOOL



If I want, I can restrict my sitting ON MY FREE-TIME

It is fully up to  
me whether I  
restrict

my sitting       

ON MY FREE-TIME



If I want, I can restrict my sitting while LEARNING ON THE JOB.

##### What are your intentions for the next month?

Unlikely

1 2 3 4 5 6

Likely  
 7



I intend to restrict my sitting during the next month AT SCHOOL.

Definitely not

1 2 3 4 5 6

Definitely yes

7



I intend to restrict my sitting during the next month AT SCHOOL.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Unlikely |  |  |  |  |  | Likely |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |



I intend to restrict my sitting during the next month ON MY FREE-TIME

Dedinitely not

1 2 3 4 5 6

Definitely yes

7



I intend to restrict my sitting during the next month ON MY FREE-TIME



**What has your school environment been like during the past month, or if you have been learning on the job, prior to that while you were in school:**

##### On my lessons my teachers…

Once

Never a month

Couple of times a month

About once a week

Couple of

times Never

a week



1 2

…have provided me chances to reduce sitting on the lessons.

…have given breaks after every 30 minutes from sitting on the lessons.

3 4 5 6

##### On my lessons...

Never Once a  
month

Couple of times a month

About once a week



Couple of Never

times a week



1 2

…I am provided with chances to reduce sitting.

…there is a break from sitting after every 30 minutes.

3 4 5 6

YOUR STUDENT GROUP

Choose an answer that best describes how you have felt in your student group during the past two weeks:

##### In this student group, I feel…

Do not agree at all

1 2

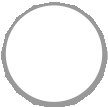
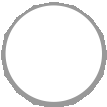
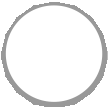
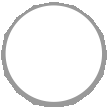
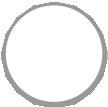
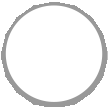
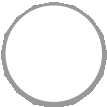
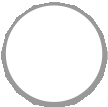
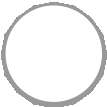
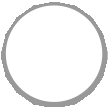
Neither agree nor disagree

3 4

Very strongly agree   
5



supported.

listened to.



understood..

valued.



safe..

## THANK YOU FOR PARTICIPATING!