Victorian Population Health Survey for Physical Activity

The next few questions are about any physical activities that you may have done in the last week.

1. In the last week, how many times have you walked continuously, for at least 10 minutes (this could have been for recreation, exercise or to get to or from places)?
   (INTERVIEWER NOTE: This includes walking during or as part of work.)
   □ None
   □ Number of times per week given (Specify_______)
   □ (Not applicable)
   □ (Don’t know)
   □ (Refused)

2. What do you estimate was the total time that you spent walking in this way in the last week?
   □ Time per week given in HOURS (Specify______)
   □ Time per week given in MINUTES (Specify______)
   □ (Don’t know)
   □ (Refused)

3. In the last week, how many times did you do vigorous household chores that made you breathe harder or puff and pant, not including gardening?
   (INCLUDE CHOPPING WOOD, SWEEPING PATIO ETC)
   □ None (GO TO Q5)
   □ Number of times per week given (Specify_______)
   □ (Not applicable)
   □ (Don’t know)
   □ (Refused)
4. What do you estimate was the total time you spent doing these vigorous household chores in the last week?

☐ Time per week given in HOURS (Specify_____)

☐ Time per week given in MINUTES (Specify______)

☐ (Don’t know)

☐ (Refused)

5. This question excludes household chores or gardening. In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant? (For example, tennis, jogging, cycling, keep fit exercises).

☐ None

☐ Number of times per week given (Specify_______)

☐ (Not applicable)

☐ (Don’t know)

☐ (Refused)

6. What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?

☐ Time per week given in HOURS (Specify______)

☐ Time per week given in MINUTES (Specify_______)

☐ (Don’t know)

☐ (Refused)