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CALEX Physical Activity Questionnaire

Participant Initials

Randomization ID

Screening ID G

Physical Activity

1. Outside school classes: How often do you usually exercise in your freetime so much that you get out of breath and swet?

- Never
- Less than once a week
- Once a week
- 2-3 times a week
- 4-6 times a week
- Daily

2. Outside school classes: How many hours a week do you usually exercise in your free time so much that you get out of breath and swet?

- None
- About ½ hour
- About 1 hour
- About 2-3 hours
- About 4-6 hours
- 7 hours or more

3. What kind of physical activities do usually go in for in your freetime? Write three of your favourite physical activities?

In summer: 1) _____ 2) _____ 3) _____

In winter: 1) _____ 2) _____ 3) _____

4. For how long on average, on any single occasion do you participate in this kind of exercise?

In summer:

- | | | |
|---|--|---|
| 1) | 2) | 3) |
| <input type="checkbox"/> under 30 minutes | <input type="checkbox"/> under 30 minute | <input type="checkbox"/> under 30 minutes |
| <input type="checkbox"/> 30-60 minutes | <input type="checkbox"/> 30-60 minutes | <input type="checkbox"/> 30-60 minutes |
| <input type="checkbox"/> 1-2 hours | <input type="checkbox"/> 1-2 hours | <input type="checkbox"/> 1-2 hours |
| <input type="checkbox"/> over 2 hours | <input type="checkbox"/> over 2 hours | <input type="checkbox"/> over 2 hours |

CALEX Physical Activity Questionnaire

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In winter:

1)

under 30 minutes

30-60 minutes

1-2 hours

over 2 hours

2)

under 30 minute

30-60 minutes

1-2 hours

over 2 hours

3)

under 30 minutes

30-60 minutes

1-2 hours

over 2 hours

5. Are you a member of a sport club?

No

Yes, and I am training in a sports club

Yes, but I don't participate

Daily activities

6. About how many hours per week do you usually spend doing heavy household chores, such as scrubbing floors, vacuuming, sweeping, yardwork, gardening, or snow shoveling?

____ hours per week

During an average 24-hour day, about how many hours do you usually spend sleeping and lying down with your feet up? (Be sure to include time sleeping at night or trying to sleep, resting or stretched out on the sofa watching T.V. etc.)

I usually spend about ____ hours a day sleeping and lying down

During an average 24-hour day, about how many hours do you usually spend sitting upright? (Be sure to include time sitting at the table eating, driving or riding in a car or bus, sitting watching T.V. etc.)

I usually spend about ____ hours a day sitting upright