GP-PAQ Questionaire

Name: _____

date: _____

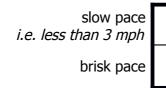
1.) Please tell us the type and amount of physical activity involved in your work:

		please mark one box only
a.	I am not in employment (e.g. retired, retired for health reasons, unemployed, full-time carer, etc.)	
b.	I spend most of my time at work sitting (such as in an office)	
С.	I spend most of my time at work standing or walking. However my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)	
d.	my work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery worker, etc.)	
е.	my work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)	

2.) During the *last week*, how many hours did you spend on each of the following activities? *Please answer this question whether you are in employment or not.*

		please mark		
		none	some but less than 1 hour	<i>1 hour but less than 3 hours</i>
a.	physical exercise such as swim-ming, jogging, aerobics, football, tennis, gym workout, etc			
b.	cycling, including cycling to work and during leisure time			
с.	walking, including walking to work, shopping, for pleasure, etc.			
d.	housework, childcare			
e.	gardening, DIY			

3.) How would you describe your usual walking pace? Please mark one box only.



steady average pace fast pace *i.e. over 4 mph*

This General Practice Physical Activity Questionnaire (GPPAQ) is a UK Dept of Health publication.