

GP-PAQ Questionnaire

Name: _____

date: _____

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

		<i>please mark one box only</i>
<i>a.</i>	I am not in employment (e.g. retired, retired for health reasons, unemployed, full-time carer, etc.)	
<i>b.</i>	I spend most of my time at work sitting (such as in an office)	
<i>c.</i>	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.)	
<i>d.</i>	my work involves definite physical effort including handling of objects and use of tools (e.g. plumber, electrician, carpenter, hospital nurse, gardener, postal delivery worker, etc.)	
<i>e.</i>	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.

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

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

slow pace
i.e. less than 3 mph

brisk pace

steady
average pace

fast pace
i.e. over 4 mph

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