

Scottish Physical Activity Questionnaire (SPAQ): Lowther, M., Mutrie, N., Loughan, C. and McFarlane, C. 1999. Development of a Scottish Physical Activity Questionnaire: A Tool For Use in Physical Activity Interventions. *British Journal of Sports Medicine*. **33**, 1-6.

The following questions relate to your physical activity over the previous week . Please mark in the appropriate box the number of minutes spent doing a particular activity. Please try and think carefully and be as accurate as possible with your answers and only include activities of either moderate or vigorous intensity. Examples are given of what should and should not be included.	<input type="checkbox"/>	LIGHT INTENSITY - Your heart rate and breathing rate are no different from what they are when you are standing, sitting etc
	<input checked="" type="checkbox"/>	MODERATE INTENSITY - Your heart rate and breathing rate are faster than normal. You may also sweat a little. Brisk walking or sweeping and mopping are good examples of how you might feel
	<input checked="" type="checkbox"/>	VIGOROUS INTENSITY - Your heart rate is much faster and you have to breathe deeper and faster than normal. You will probably sweat. Playing football or squash are good examples of how you might feel

LEISURE TIME PHYSICAL ACTIVITY - Remember, **do not** include light intensity activities

In the past week how many minutes did you spend each day:	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	
Walking outwith work?									
<i>DO include</i> ✓ e.g. walking to the shops, walking to work, walking the dog, stairwalking ✓									
<i>DO NOT include</i> ✗ e.g. standing, sitting, driving, walking whilst at work ✗									
Manual labour outwith work?									
<i>DO include</i> ✓ e.g. cutting grass, decorating, washing car, DIY, digging ✓									
<i>DO NOT include</i> ✗ e.g. weeding, planting, pruning ✗									
Active housework?									
<i>DO include</i> ✓ e.g. vacuuming, scrubbing floors, bed making, hanging out washing ✓									
<i>DO NOT include</i> ✗ e.g. sewing, dusting, washing dishes, preparing food ✗									
Dancing?									
<i>DO include</i> ✓ e.g. only include time actually spent dancing ; disco, line, country ✓									
<i>DO NOT include</i> ✗ e.g. time spent not actually dancing ✗									
Participating in a sport, leisure activity or training?									
<i>DO include</i> ✓ e.g. exercise classes, cycling, football, swimming, golf, jogging, athletics ✓									
<i>DO NOT include</i> ✗ e.g. darts, snooker / pool, fishing, playing a musical instrument ✗									
Other Physical Activity if not already covered (please write in)									
								TOTAL	

PHYSICAL ACTIVITY AT WORK (Only complete if you are currently employed and remember not to include light intensity activities)

In the past week how many minutes did you spend each day:	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	
Walking whilst at work?									
<i>DO include</i> ✓ e.g. walking up or down stairs, to and from your desk, "doing the rounds" ✓									
<i>DO NOT include</i> ✗ e.g. standing, sitting at desk etc; i.e. time spent not actually walking ✗									
Manual labour whilst at work?									
<i>DO include</i> ✓ e.g. lifting, stacking shelves, climbing ladders, building work, cleaning ✓									
<i>DO NOT include</i> ✗ e.g. sitting at desk, answering telephone, driving, check-out operation ✗									
								TOTAL	

Was last week typical of the amount of physical activity you usually do?

YES				
NO - I usually do more		Normally, how much more?		Of which activity?
NO - I usually do less		Normally, how much less?		Of which activity?