

**PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ**

**Target Group:** SPs 12-15

PAQ.706 Now, I'd like to ask you some questions about {your/SP's} activities.

During the **past 7 days**, on how many days {were you/was SP} physically active for a total of **at least 60 minutes per day**? Add up all the time {you/he/she} spent in any kind of physical activity that increased {your/his/her} heart rate and made {you/him/her} breathe hard some of the time.

0 days .....	0
1 day .....	1
2 days .....	2
3 days .....	3
4 days .....	4
5 days .....	5
6 days .....	6
7 days .....	7
REFUSED.....	77
DON'T KNOW.....	99

PAQ.710 Now I will ask you first about TV watching and then about computer use.

Over the past 30 days, on average how many **hours per day** did {you/SP} sit and watch TV or videos? Would you say . . .

less than 1 hour, .....	0
1 hour,.....	1
2 hours,.....	2
3 hours,.....	3
4 hours,.....	4
5 hours or more, or .....	5
{You do/SP does} not watch TV or videos .....	8
REFUSED.....	77
DON'T KNOW.....	99

PAQ.715 Over the past 30 days, on average how many **hours per day** did {you/SP} use a computer or play computer games outside of school? Include time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the internet. Would you say . . .

less than 1 hour, .....	0
1 hour,.....	1
2 hours,.....	2
3 hours,.....	3
4 hours,.....	4
5 hours or more, or .....	5
{You do/SP does} not use a computer outside of work or school .....	8
REFUSED.....	77
DON'T KNOW.....	99

**HELP SCREEN:**

If the SP watches T.V. or video at the same time as working on the computer, count this time as watching T.V. or video.

