



# Simple Physical Activity Questionnaire (SIMPAQ)

**Introduction:** I am going to ask you about what you have been doing over the **past seven days**, including time spent in bed, sitting or lying down, walking, exercise, sport and other activities.

1A. What time did you mostly go to bed over the past seven days?  
*Prompt: between \_\_\_ and \_\_\_ pm?*  
**Answer:** \_\_\_\_\_ am/pm

1. Average hours in bed per night

1B. What time did you mostly get out of bed over the past seven days?  
**Answer:** \_\_\_\_\_ am/pm

2A. That leaves approximately \_\_\_ hours a day for other activities. Out of those \_\_\_ hours, how long did you spend sitting or lying down, such as when you are eating, reading, watching TV or using electronic devices?  
*Prompt: e.g. sitting at work, transport, leisure-time or at home.*  
**Answer:** \_\_\_\_\_ Hours \_\_\_\_\_ minutes /day

2A. Average hours sedentary per day

2B. How much of this time is spent napping?  
**Answer:** \_\_\_\_\_ Hours \_\_\_\_\_ minutes /day

3. That leaves approximately \_\_\_\_\_ hours a day for other activities. Which days in the past seven days did you walk for exercise or recreation or to get to or from places? How many minutes did you usually spend walking on those days?

3. Average hours walking per day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

4A. Now think about any activity that you do for exercise and sport, such as jogging, running, swimming, bike riding, going to the gym, yoga, \_\_\_\_\_ [e.g. 1] or \_\_\_\_\_ [e.g. 2](see manual). Which days in the past week did you do any of these, or similar activities?

4B. What activities did you do and how much time did you spend on each activity on each day?

4. Average hours sport/exercise per day

	Activity and intensity (0-10)	Number of sessions	Minutes	Total
<i>e.g.</i>	Resistance training (5/10); tennis (9/10)	1 ; 1	15; 50	65
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
		Total		

5. Now think about any other physical activities that you did as part of your work, or activities you did while at home such as gardening or household chores. How many minutes did you spend on these activities on most days?  
*Prompt: this does not include walking, sport or exercise*

5. Average hours other activities per day

**Answer:** \_\_\_\_\_ minutes /day

**Check:** The sum of boxes 1, 2A, 3, 4 and 5 should total approximately 24 hours.