

Name: _____

Class: _____

SCAFFOLD

Active Australia survey

I would like to hear about the physical activity you did in the last week.

Please answer these eight questions to the best of your ability.

1	In the first week, how many times did you walk continuously for at least 10 minutes, for recreation, exercise or to get to and from places? (Record number of times.)	_____ times
2	What do you estimate was the total time that you spent walking in this way in the last week (keep in mind this is continuous walking)? (Record minutes or hours.)	_____ minutes/ hours
3	In the last week, how many times did you do any vigorous gardening, or heavy work around the yard, that made you breathe harder or puff and pant? (Record number of times.)	_____ times
4	What do you estimate was the total time you spent doing vigorous gardening or heavy work around the yard in the last week? (Record minutes or hours.)	_____ minutes/ hours
5	In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant? (E.g. jogging, cycling, aerobics, competitive tennis, but not household chores or yard work.)	_____ times
6	What do you estimate was the total time that you spent doing this vigorous physical activity in the last week? (Exclude household chores, gardening and yard work.)	_____ minutes/ hours
7	In the last week, how many times did you do any other moderate physical activity (not domestic) that you have not already mentioned? (E.g. gentle swimming, social tennis, golf.)	_____ times
8	What do you estimate was the total time that you spent doing these activities in the last week? (Record minutes or hours.)	_____ minutes/ hours

Thank you for your time