International Physical Activity Questionnaire, Short Form (last 7 days) (IPAQ-SF)

Name: _____ Date: _____

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

1. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? (0 if none)
_____ days per week

2. How much time did you usually spend doing vigorous physical activities on one of those days? Hours:
_____ hours per day

3. Minutes:
_____ minutes per day

4. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking. (0 if none)
_____ days per week

5. How much time did you usually spend doing moderate physical activities on one of those days? Hours:
_____ hours per day

6. Minutes:
_____ minutes per day

7. During the last 7 days, on how many days did you walk for at least 10 minutes at a time? (0 if none)
_____ days per week

8. How much time did you usually spend walking on one of those days? Hours:
_____ hours per day

9. Minutes:
_____ minutes per day

10. During the last 7 days, how much time did you spend sitting on a week day? Hours:
_____ hours per day

11. Minutes:
_____ minutes per day

Scoring
MET-minutes per week (walking 3.3, moderate 4.0, vigorous 8.0 METs) plus a three level category (low, moderate, high). Official IPAQ Research Committee guidelines, revised November 2005, short form protocol, with its data processing rules.
Vigorous MET-minutes per week: _____
Moderate MET-minutes per week: _____
Walking MET-minutes per week: _____
Total MET-minutes per week: _____
Activity category (1 = low, 2 = moderate, 3 = high): _____
Data check (0 = OK, 1 = more than 16 hours of activity per day reported, please check your entries):
_____

Source: Craig, C. L., Marshall, A. L., Sjostrom, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., & Oja, P. (2003). International physical activity questionnaire: 12-country reliability and validity. Medicine & Science in Sports & Exercise, 35(8), 1381-1395.
Online calculator and more: physiotutors.com/questionnaires