**MODIFIED GLOBAL PHYSICAL ACTIVITY QUESTIONNAIRE**

**(Instruction to the interviewer: Please ask the questions carefully and fill up the boxes appropriately)**

 I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

 **At Work**

Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. *[Insert other examples if needed].* In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

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| Code  | Questions  | Response |  |
| P1 | Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like *[carrying or lifting heavy loads, digging or construction work*] for at **least 10 minutes** continuously?  | Yes YesNo No | If Yes Go to P1AElse go to P2 |
| P1A | Please note the number of days a week and time spent each day on the following activities listed below which are considered to be vigorous. Write aside only those activities that is carried out by you in a **typical week** |

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|  | **Activity** | **Number of days a week** | **Time spent in a day** |
| P1A1 | Carrying, loading or stacking wood | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A2 | Drawing water from the well and bringing water from other house  | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A3 | Laying crushed rock | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A4 |  Ural - Manual grinding | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A5 |  Pounding grains | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A6 | Chopping wood-splitting logs | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A7 | Carrying heavy loads such as bricks | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A8 | Any other…………………………..(Please specify) | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A9 | Any other…………………………..(Please specify) | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P1A10 | Any other…………………………..(Please specify) | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |

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| Code  | Questions  | Response |  |
| P2 | Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking *[or carrying light loads*] for at least 10 minutes continuously? | Yes YesNo No | If Yes Go to P2AElse go to P3 |
| P2A | Please note the number of days a week and time spent each day on the following activities listed below which are considered to be moderate. Write aside only those activities that is carried out by you in a **typical week** |

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| **P2A** | **Activity** | **Number of days a week** | **Time spent in a day** |
| P2A1 | Washing clothes | └─┴─┘ | hrs└─┴─┘:mins└─┴─┘ |
| P2A2 |  Sweeping floor (inside or outside house) | └─┴─┘ | hrs └─┴─┘: mins└─┴─┘ |
| P2A3 | Mopping floor( bend on knees and using hand) | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A4 | Drawing and bringing water from outside tap | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A5 | Animal care: feeding animals, washing animals ,cleaning animal house, etc) | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A6 | Walking to bring grass, leaves, etc for feeding animals | └─┴─┘ | hrs └─┴─┘: mins└─┴─┘ |
| P2A7 | Milking cow | └─┴─┘ | hrs └─┴─┘: mins└─┴─┘ |
| P2A8 | Gardening: watering plants, pruning, sowing seeds, cleaning, etc | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A9 | Patient and elderly care | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A10 | Tailoring | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A11 | Child care-standing, dressing, bathing, grooming, feeding and occasional lifting of the child | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A12 | Multiple household task all at once-vigorous effort | └─┴─┘ | hrs └─┴─┘:mins └─┴─┘ |
| P2A13 | Sweeping the garage, sidewalk and outside the house | └─┴─┘ | hrs └─┴─┘:mins └─┴─┘ |
| P2A14 | Cooking or food preparation | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A15 | Shopping grocery without a grocery cart and carrying packages | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P2A16 | Any other……………….(Please specify) | └─┴─┘ | hrs └─┴─┘:mins └─┴─┘ |
| P2A17 | Any other……………….(Please specify) | └─┴─┘ | hrs └─┴─┘:mins └─┴─┘ |
| P2A18 | Any other……………….(Please specify) | └─┴─┘ | hrs └─┴─┘:mins └─┴─┘ |

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| Code  | Questions  | Response |  |
| P3 | Do you walk or use a bicycle (*pedal cycle*) for at least 10 minutes continuously to get to and from places? | Yes YesNo No | If Yes go to P3AIf No, go to P 4 |
| **Walking to and from places**

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| **P3A** | **Activity** | **Number of days a week** | **Time spent in a day** |
| P3A1 | To work | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A2 | To market | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A3 | To shops | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A4 | To bring children from school | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A5 | To see friends, relatives or others | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A6 | To temple or church | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3A7 | Any other……………………(Please specify) | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| **P3B Bicycling from and to places** |
| P3B1 | To work | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3B2 | To market/shops | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3B3 | Any other……………………(Please specify) | └─┴─┘ | hrs └─┴─┘: mins └─┴─┘ |
| P3B4 | Any other……………………(Please specify) | └─┴─┘ | hrs └─┴─┘: mins└─┴─┘ |

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| **Recreational activities**The next questions exclude the work and transport activities that you have already mentioned.Now I would like to ask you about sports, fitness and recreational activities (leisure) |
| P4 | Do you do any vigorous-intensity sports, fitness or recreational (*leisure*) activities that cause large increases in breathing or heart rate like [*running or football, badminton,]* for at least 10 minutes continuously?  | Yes YesNo No |   If Yes go to P5 If No, go to P7 |
| P5 | In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (*leisure*) activities? | Number of days└─┘ |
| P6 | How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? | Hours : minutes └─┴─┘: └─┴─┘hrs: mins |
| P7 | Do you do any moderate-intensity sports, fitness or recreational(leisure) activities that causes a small increase in breathing or heart rate such as brisk walking, cycling, swimming, volleyball for at least 10 minutes continuously? | Yes Yes No No | If Yes go to P8If No go to P10 |
| P8 | In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities | Number of days└─┘ |
| P9 | How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day? | Hours : minutes └─┴─┘: └─┴─┘ |

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| **Sedentary Behaviour:** The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent [sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television], but do not include time spent sleeping. |
| P10 | How much time do you usually spend sitting or reclining on a typical day?  | Hours : minutes└─┴─┘: └─┴─┘ |
| P11 | How many hours do you sleep on average during night? | Hours : minutes└─┴─┘: └─┴─┘ |