

Physical Activity Survey

Below is a list of what physical activities you have spent time on in the last 7 days. Please answer every question, even if you don't see yourself as a very active person. Think about your housework and gardening, the activities you do at work, the things you do to get from one place to another, the activities you do in your free time, such as physical activity or sports. When answering the questionnaire, please consider any vigorous activity that has taken place for 10 minutes or more in the past 7 days.

1. How did you participate in free time activities in the last 7 days?
 - Active participation
 - Passive participation *(as an audience)*
 2. With whom did you often participate in free time activities in the last 7 days?
 - Alone
 - With my family
 - With my friends
 3. Where did you often participate in free time activities in the last 7 days?
 - Outdoor
 - Indoor
 4. In the last week, how many days have you done activities that require vigorous physical activity such as weight lifting, aerobics, basketball, football or fast cycling?
 - ___ days per week
 - I did not do vigorous physical activity *(If you tick this option, go to question 6)*
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5. On one of these days, how much time did you spend on average doing vigorous physical activity?
 - I don't know / I'm not sure
 - ___ minutes a day
 - ___ hours a day

Think about any moderate physical activity you've done in the past week. These are activities that last 10 minutes or longer, require moderate physical exertion, and cause breathing a little more often than usual.

6. 6. On how many days in the last week have you done moderate physical strength activities such as light weight lifting, cycling at normal speed, folk dances, dance or tennis? *(Except walking.)*
 - ___ days per week
 - I did not do vigorous physical activity *(If you tick this option, go to question 8)*
-

7. 7. How much time did you usually spend doing moderate physical activity on one of these days?

- I don't know / I'm not sure
 - ___ minutes a day
 - ___ hours a day
-

Think about the time you've spent walking in the past week. It can be walking at work, at home, for transportation or just for rest, sport, exercise or hobby.

8. In the past 7 days, how many days have you walked for at least 10 minutes at a time?

- ___ days per week
 - I didn't walk *(If you checked this option, go to question 10)*
-

9. How much time, on average, did you spend walking on one of these days?

- I don't know / I'm not sure
 - ___ minutes a day
 - ___ hours a day
-

The last question is about the times you've spent sitting in the past week. This includes time spent at work, at home, at work or at rest. This includes the time you spend sitting at your desk, visiting a friend, reading, sitting or watching television while lying down.

10. How much time per day have you spent sitting in the past week?

- I don't know / I'm not sure
- ___ minutes a day
- ___ hours a day

METHOD OF CALCULATION OF DATA

1. The data in questions 4, 5, 6, 7, 8 and 9 will be taken into account for scoring.
2. In the evaluation of the activity, it is taken as a criterion that each activity is done for at least 10 min at a time.
3. The score as “METs - min/week” is obtained by multiplying the time in minutes, the number of days and the MET value (multiples of resting oxygen consumption) corresponding to the basal metabolic rate.
4. According to the total physical activity score, the physical activity levels of the participants were determined below.

- Physically inactive (<600 METs - min/week),
- Low physical activity level (600–3000 METs - min/week)
- Adequate physical activity level (>3000 METs - min/week)

The following values are used for the analysis of the data:

- Walking= 3.3 METs
- Moderate-intensity physical activity= 4.0 METs
- Vigorous physical activity= 8.0 METs

For example, the walking MET-min/week score of a person who walks for;

30 minutes 3 days a week;

It is calculated as;

3.3 METs x 30 min x 3 days= 297 METs - min/week.

RECOMMENDATIONS / SUGGESTIONS FOR PARTICIPANTS

Group 1: Physically inactive (<600 METs - min/week)

Comment/Suggestion:

- **You have a sedentary lifestyle.**
- Walk for 30 minutes at least 6 days a week, or
- At least 3 days a week, you should ride a bike at normal speed for 50 minutes or play tennis.

Grup 2: Low physical activity level (600–3000 METs - min/week)

Comment/Suggestion:

- Your physical activity level is **LOW**.
- You must walk for 60 minutes at least 4 days a week, or
- At least 4 days a week, you should ride a bicycle or play tennis for 50 minutes at a normal pace.

Grup 3: Adequate physical activity level (>3000 METs - min/week)

Comment/Suggestion:

- Your physical activity level is **SUFFICIENT. CONGRATULATIONS.**
- Continue to do vigorous or moderate-intensity physical activities that you do weekly.