The statements below describe three types of physical activity.

- a) VIGOROUS your heart beats rapidly or you become out of breath or sweaty e.g. squash, football, running, vigorous swimming, basketball, vigorous cycling
- b) MODERATE involves some effort where you breathe or sweat more than usual but are not exhausted e.g. fast walking, tennis, easy bicycling, badminton, easy swimming, dancing, gardening
- c) LIGHT involves minimal effort e.g. yoga, bowling, golf, easy walking

During the LAST SEVEN DAYS, how long have you spent doing the three types of physical activity? Please complete the table below to tell us how long you have spent on each type of activity during the LAST SEVEN DAYS. Please DO NOT include time spent at work or doing daily activities around the home but DO include time spent getting to, or from, your place of work or study. Don't worry if you can't remember the exact times, please estimate to the nearest 15 minutes.

First, please complete the row labelled 'day of the week' e.g. if yesterday was Monday, then write Monday in the first box, and so on. Then, record the total number of minutes, each day, to the nearest 15 minutes, that you have spent doing light, moderate or vigorous physical activities.

	yesterday	2 days ago	3 days ago	4 days ago	5 days ago	6 days ago	7 days ago
day of week							
a) VIGOROUS	mins	mins	mins	mins	mins	mins	mins
b) MODERATE	mins	mins	mins	mins	mins	mins	mins
c) LIGHT	mins	mins	mins	mins	mins	mins	mins