**BSA-F 3.0**

**(English version)**

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| --- | --- | --- |
| 1 | Are you employed or in training? | |
| 🞎 yes 🢡 continue with question 2 | | 🞎 no 🢡 continue with question 3 |

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| --- | --- | --- | --- | --- | --- |
| 2 | Your employment or your training includes… | | | | |
| seated activities | | 🞎 none | 🞎 rather little | 🞎 rather more | 🞎 much |
| moderate movements | | 🞎  none | 🞎  rather little | 🞎  rather more | 🞎  much |
| intensive movements | |   none |   rather little | 🞎  rather more | 🞎  much |

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| --- | --- | --- | --- | --- |
| 3 | On how many days and how long did you engage in the following activities **during** **the last 4 weeks**? | | | |
| Walking to the workplace  (also part of the route) | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Walking for shopping | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Biking to the workplace | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Biking for other  transportation reasons | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Going for a walk | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Gardening (e.g., mowing  the lawn, trimming hedges) | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Strenuous homework (e.g., cleaning, tidying) | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Strenuous care (e.g., care for the elderly) | | on …… days during the last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |

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| --- | --- | --- | --- | --- |
| 4 | On how many days and how long did you engage in the following activities **during** **the last 4 weeks**? | | | |
| Climbing stairs | | on …… days during the last 4 weeks | ca. …… floors per day | didn’t do that 🞎 |

|  |  |  |
| --- | --- | --- |
| 5 | Did you engage in regular exercise or sport activities **during the last 4 weeks?** | |
| 🞎 yes 🢡 question 6 | | 🞎 no 🢡 question xy |

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| --- | --- | --- | --- | --- | --- |
| 6 | What kind of exercise or sport activities did you perform?  Please consider cycling here only if it is performed as a sporting activity (cycling for work and other transport purposes please enter above under question 3). | | | | |
| **Activity A**  …………………………  (please note here) | |  | **Activity B** ………….………………  (please note here) |  | **Activity C** ……………………………  (please note here) |
| I performed activity **A** during the **last 4 weeks**  about ..… times,  and each time for  about …… minutes | | I performed activity **B** during the **last 4 weeks**  about ..… times,  and each time for  about …… minutes | I performed activity **C** during the last **4 weeks**  about ..… times,  and each time for  about …… minutes |