**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 duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Walking for shopping | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Biking to the workplace  | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Biking for other transportation reasons | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Going for a walk | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Gardening (e.g., mowing the lawn, trimming hedges) | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Strenuous homework (e.g., cleaning, tidying) | on …… days duringthe last 4 weeks | ca. …… minutes per day | didn’t do that 🞎 |
| Strenuous care (e.g., care for the elderly) | on …… days duringthe 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 duringthe last 4 weeks | ca. …… floors per day | didn’t do that 🞎 |

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| 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 forabout …… minutes | I performed activity **B**during the **last 4 weeks**about ..… times,and each time forabout …… minutes | I performed activity **C**during the last **4 weeks**about ..… times,and each time forabout …… minutes |