Baecke Questionnaire of Habitual Physical Activity

1. What is your main occupation? ______________________________________________________ 1-3-5
2. At work I sit
   never/seldom/sometimes/often/always ____________________________________________ 1-2-3-4-5
3. At work I stand
   never/seldom/sometimes/often/always ____________________________________________ 1-2-3-4-5
4. At work I walk
   never/seldom/sometimes/often/always ____________________________________________ 1-2-3-4-5
5. At work I lift heavy loads
   never/seldom/sometimes/often/always ____________________________________________ 1-2-3-4-5
6. After working I am tired
   very often/often/sometimes/seldom/never ____________________________________________ 5-4-3-2-1
7. At work I sweat
   very often/often/sometimes/seldom/never ____________________________________________ 5-4-3-2-1
8. In comparison with others my own age I think my work is physically
   much heavier/heavier/as heavy/lighter/much lighter _______ 5-4-3-2-1
9. Do you play sport?
   yes/no
   If yes:
   - which sport do you play most frequently? ________________________________________ Intensity 0.76-1.26-1.76
   - how many hours a week? ___________ <1/1-2/2-3/3-4/>4 Time 0.5-1.5-2.5-3.5-4.5
   - how many months a year? ___________ <1/103/4-6/7-9/>9 Proportion 0.04-0.17-0.42-0.67-0.92
   If you play a second sport:
   - which sport do you play most frequently? ________________________________________ Intensity 0.76-1.26-1.76
   - how many hours a week? ___________ <1/1-2/2-3/3-4/>4 Time 0.5-1.5-2.5-3.5-4.5
   - how many months a year? ___________ <1/103/4-6/7-9/>9 Proportion 0.04-0.17-0.42-0.67-0.92
10. In comparison with others my own age I think my physical activity during leisure time is
    much more/more/the same/less/much less ________________ 5-4-3-2-1
11. During leisure time I sweat
    very often/often/sometimes/seldom/never ____________________________________________ 5-4-3-2-1
12. During leisure time I play sport
    never/seldom/sometimes/often/very often ____________________________________________ 1-2-3-4-5
13. During leisure time I watch television
    never/seldom/sometimes/often/very often ____________________________________________ 1-2-3-4-5
14. During leisure time I walk
    never/seldom/sometimes/often/very often ____________________________________________ 1-2-3-4-5
15. During leisure time I cycle
    never/seldom/sometimes/often/very often ____________________________________________ 1-2-3-4-5
16. How many minutes do you walk and/or cycle per day to and from work, school, and shopping?
   <5/5-15/15-30/30-45/>45 ____________________________________________ 1-2-3-4-5