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The Sub-Saharan Africa Activity Questionnaire

SECTIONS 1 & 2: OCCUPATIONAL ACTIVITIES; WALKING/CYCLING TO WORK (PAST YEAR)

Job Name	code	date at start and finish (mm/yy)		Months held	Cycle to work	Walk to work (min/day)		Job schedule			Cat A, B, C
		start	finish			Min/day	Slow pace	Brisk pace	Mo/year	d/week	

SECTION 3: LEISURE-TIME ACTIVITIES

In the table below, check all activities the subject did at least 6 times over the past year. Do not include activities related to his/her job.

- | | | | |
|---|--|--|--|
| 1 <input type="checkbox"/> Housework | 12 <input type="checkbox"/> Painting | 23 <input type="checkbox"/> Aerobic dancing | 34 <input type="checkbox"/> Table Tennis |
| 2 <input type="checkbox"/> Needle work | 13 <input type="checkbox"/> Construction work | 24 <input type="checkbox"/> Swimming | 35 <input type="checkbox"/> Cycling |
| 3 <input type="checkbox"/> Hair dressing | 14 <input type="checkbox"/> Hunting | 25 <input type="checkbox"/> Leisure walking | 36 <input type="checkbox"/> Horse riding |
| 4 <input type="checkbox"/> Home repairs | 15 <input type="checkbox"/> Fishing | 26 <input type="checkbox"/> Joggings | 37 <input type="checkbox"/> Classical dance |
| 5 <input type="checkbox"/> Gardening (around the house) | 16 <input type="checkbox"/> Teaching (home) | 27 <input type="checkbox"/> Gymnastics | 38 <input type="checkbox"/> Light traditional dance |
| 6 <input type="checkbox"/> Light farming | 17 <input type="checkbox"/> Reading/Writing | 28 <input type="checkbox"/> Karate/Wrestling | 39 <input type="checkbox"/> Vigorous traditional dance |
| 7 <input type="checkbox"/> Intense farming | 18 <input type="checkbox"/> Type writing/computer work | 29 <input type="checkbox"/> Football | 40 <input type="checkbox"/> Sexual intercourse |
| 8 <input type="checkbox"/> Wood splitting | 19 <input type="checkbox"/> Video game | 30 <input type="checkbox"/> Handball | 41 <input type="checkbox"/> Playing music |
| 9 <input type="checkbox"/> Animal rearing | 20 <input type="checkbox"/> Indoor games | 31 <input type="checkbox"/> Basketball | 42 <input type="checkbox"/> Singing |
| 10 <input type="checkbox"/> Driving | 21 <input type="checkbox"/> Cinema/Video/TV watching | 32 <input type="checkbox"/> Volleyball | |
| 11 <input type="checkbox"/> Carpentry | 22 <input type="checkbox"/> Discussions (meeting) | 33 <input type="checkbox"/> Lawn Tennis | |

2.1 PAST YEAR

Write down the number of sessions per week, the number of months per year and the mean duration of a session for each activity performed over the year.

2.2 PAST MONTH

Write down the number of sessions over the past month and the mean duration of a session for each activity performed during the period of time.

PAST YEAR				
Activity	Code	Month/year	Sessions/wk	Min./session

PAST MONTH	
Sessions/week	Min./Session

SECTION 4: PERSONAL EVALUATION OF PHYSICAL ACTIVITY

- How would you describe you physical activity for the past year?
- Would you like to do (more, less, the same)?

Intense Moderate Light Null

More Less The same Doesn't know