



Daily questionnaire

"Dynamics of sedentary behavior in older adults "

A study researcher can be contacted during office hours on: xxxx

Office use only	
Participant ID:	
Start date:	
Researcher:	

INSTRUCTIONS

Daily questionnaire

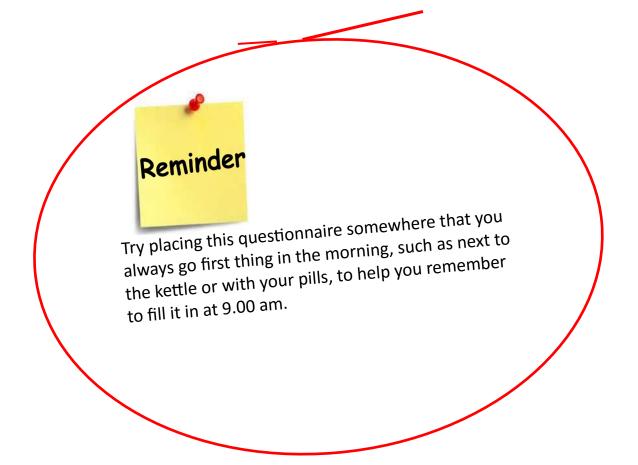
This booklet starts with Day 1 and finishes with Day 15.

Please read carefully, follow the instructions, and try to answer the questions as well as you can.

We realise that some questions may be difficult to answer, but try to give your best estimate or guess.

You are wearing an activity monitor on your leg. If you experience any skin irritation, please stop wearing the monitor and let us know.

A study researcher can be contacted during office hours on: xxxx.



INSTRUCTIONS

Daily questionnaire

In order that we can understand the monitor readings it is very important for us to know:

The time you go to bed each night



And

The time you get up each day



We would also like to know your best guess of:

The time you fell asleep each night



And

The time you woke up each day



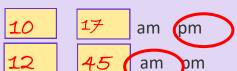
Even if you don't know exactly what time you fell asleep or woke up, please guess as best you can.

Example

If you went to bed at 10:17 in the evening, but think you went to sleep at 12:45 in the morning, you would write:

Please circle

- 1. What time did you get into bed last night?
- 2. What time do you think you fell asleep last night?





Remember that midnight, and times after midnight, are a.m.

Sun/	Mon.	/Tues	/Wed	/Thurs	/Fri	/Sat
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<u>- 2015</u>

Daily questionnaire

					Pleas	se circle
1.	What time did you get into bed last night?		:		am	pm
2.	What time do you think you fell asleep last night?		:		am	pm
3.	How many times did you get out of bed during the n	ight las	st r	ight?		times
4.	What time did you wake up this morning?		:		am	pm
5.	What time did you get out of bed this morning?		:		am	pm

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- 2015

Daily questionnaire

Morning: Please answer the following questions around 9.00 am

					Pleas	e circ	le
L.	What time did you get into bed last night?		:		am	pm	
2.	What time do you think you fell asleep last night?		:		am	pm	
3.	How many times did you get out of bed during the n	ight las	t n	ight?		tim	nes
1.	What time did you wake up this morning?		:		am	pm	
5.	What time did you get out of bed this morning?		:		am	pm	

5.

Sun	/Mon	/Tues	/Wed	/Thurs	/Fri	/Sat
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<u>- 2015</u>

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4.	What time did you wake up this morning?		:		am	pm
5.	What time did you get out of bed this morning?		:		am	pm

Sun	/Mon	/Tues	/Wed	/Thurs	/Fri	/Sat

- 2015

Please circle

DAY 4

Daily questionnaire

- 1. What time did you get into bed last night? : am pm
- 2. What time do you think you fell asleep last night? : am pm
- 3. How many times did you get out of bed during the night last night? times
- 4. What time did you wake up this morning? : am pm
- 5. What time did you get out of bed this morning? : am pm

Sun	/Mon	/Tues	/Wed	/Thurs	/Fri	/Sat
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<u>- 2015</u>

Daily questionnaire

					Pleas	se circle
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4.	What time did you wake up this morning?		:		am	pm
5.	What time did you get out of bed this morning?		:		am	pm

Daily questionnaire

Sitting



Reclining



Lying down



Time spent sitting yesterday

These questions are about what you did yesterday. We are interested in your sedentary behavior, which is any time you spend sitting, reclining and lying down.

Please don't count the time asleep at night.

1. Please estimate how long in total you spent sitting yesterday?

(Please write in)





hours



minutes

The next questions are about what you were doing when you were sitting down yesterday.

We know that people sometimes do two things at once when sitting down, for example you might knit and listen to music, or eat and watch TV. In this case, please decide which one is the main activity and write in the time for that.

It may be difficult sometimes to decide which is the main activity, but please choose the one you think fits best.

Please don't worry about how these numbers add up. We know that this doesn't cover everything.

Daily questionnaire

Example

		while watching your favourite TV show, then watching TV	is your ma	in activity.
2.	Please yester	write in how much time you spent sitting and doing the day:	following	activities
			Hours	Minutes
a.	Watch	ing television, video, or DVDs		
b.	_	a computer for work paid work, volunteering, clerical tasks)		
C.	•	games, friends and family, internet, shopping)		
d.	_	or leisure books, newspaper, magazine, kindle)		
e.	Listeni	ng to music or radio		
f.	_	a hobby knitting, crafts, jigsaws, puzzles, playing piano)		
g.	_	with friends or family talking in person or on the phone)		
h.	Eating	meals or snacks		
i.		ming self-care tasks bathing, using toilet, dressing, brushing hair)		
j.		hold tasks cleaning shoes, writing a list, ironing, folding)		
k.	Taking	a nap during the day or resting while doing nothing else		

Sun	/Mon	/Tues	/Wed	/Thurs	/Fri	/Sat
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<u>- 2015</u>

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2.	Please yester	write in how much time you spent sitting and doing the day:		
			Hours	Minutes
a.	Watch	ng television, video, or DVDs		
b.	Using a	a computer for work		
	(e.g.,	paid work, volunteering, clerical tasks)		
c.	Using a	a computer for leisure		
	_	games, friends and family, internet, shopping)		
d.	Read fo	or leisure		
. .		books, newspaper, magazine, kindle)		
e.	Listeni	ng to music or radio		
f.	_	a hobby		
	(e.g.,	knitting, crafts, jigsaws, puzzles, playing piano)		
g.	Talking	with friends or family		
	(e.g.,	talking in person or on the phone)		
h.	Eating	meals or snacks		
i.		ming self-care tasks		
	(e.g.,	bathing, using toilet, dressing, brushing hair)		
j.	House	nold tasks		
	(e.g.,	cleaning shoes, writing a list, ironing, folding)		
k.	Taking	a nap during the day or resting while doing nothing else		

Sun	/Mon	/Tues	/Wed	/Thurs	/Fri	/Sat
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<u>- 2015</u>

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b.	Using a	a computer for work		
		paid work, volunteering, clerical tasks)		
c.	Using a	a computer for leisure		
	_	games, friends and family, internet, shopping)		
d.	Read fo	or leisure		
u.		books, newspaper, magazine, kindle)		
	(0.8.)	social, memopaper, magazine, initiale,		
e.	Listeni	ng to music or radio		
f.	Doing	a hobby		
1.	_	knitting, crafts, jigsaws, puzzles, playing piano)		
	(0.8.)	Kintenig, Granes, Jigsaws, pazzies, piaying piano,		
g.	Talking	with friends or family		
	(e.g.,	talking in person or on the phone)		
h.	Eating	meals or snacks		
i.	Perfori	ming self-care tasks		
		bathing, using toilet, dressing, brushing hair)		
j.	House	nold tasks		
	(e.g.,	cleaning shoes, writing a list, ironing, folding)		
ار دا	Takina	a nan during the day or recting while doing nothing also		
k.	iakilig	a nap during the day or resting while doing nothing else		

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<u>- 2015</u>

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1. Please estimate how long in total you spent sitting yesterday?

(Please write in)





hours



minutes

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Daily questionnaire

Example

Please write in how much time you spent sitting and doing the following activities yesterday: Watching television, video, or DVDs Using a computer for work (e.g., paid work, volunteering, clerical tasks) Using a computer for leisure (e.g., games, friends and family, internet, shopping) Read for leisure (e.g., books, newspaper, magazine, kindle) Listening to music or radio Doing a hobby (e.g., knitting, crafts, jigsaws, puzzles, playing piano) Talking with friends or family (e.g., talking in person or on the phone) Eating meals or snacks Performing self-care tasks (e.g., bathing, using toilet, dressing, brushing hair) Household tasks (e.g., cleaning shoes, writing a list, ironing, folding) Taking a nap during the day or resting while doing nothing else	while watching your favourite TV show, then watching TV is your main activi					
Using a computer for work (e.g., paid work, volunteering, clerical tasks) Using a computer for leisure (e.g., games, friends and family, internet, shopping) Read for leisure (e.g., books, newspaper, magazine, kindle) Listening to music or radio Doing a hobby (e.g., knitting, crafts, jigsaws, puzzles, playing piano) Talking with friends or family (e.g., talking in person or on the phone) Eating meals or snacks Performing self-care tasks (e.g., bathing, using toilet, dressing, brushing hair) Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)						
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Doing a hobby (e.g., knitting, crafts, jigsaws, puzzles, playing piano) Talking with friends or family (e.g., talking in person or on the phone) Eating meals or snacks Performing self-care tasks (e.g., bathing, using toilet, dressing, brushing hair) Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)						
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(e.g., bathing, using toilet, dressing, brushing hair) Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)	Eatin	g meals or snacks				
Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)	Perfo	rming self-care tasks				
(e.g., cleaning shoes, writing a list, ironing, folding)	(e.g	., bathing, using toilet, dressing, brushing hair)				
	Hous	ehold tasks				
Taking a nap during the day or resting while doing nothing else	(e.g	., cleaning shoes, writing a list, ironing, folding)				
	Takin	g a nap during the day or resting while doing nothing else				

Daily questionnaire

Sitting



Reclining



Lying down



Time spent sitting on an average day in the last 7 days

The following questions are about the last seven days (week). Please answer them at some time today.

Please think about the time you spent sitting over the last 7 days.

We will be asking about the time you spent sitting over the last seven days.

We will be asking you to estimate the time you spent sitting on an average day in the last seven days. We realize this will vary over the week, but try to give an estimate or guess.

1. Please estimate how long in total you spent sitting on an average day in the last seven days?

(Please write in)



hours

minutes

We would now like to ask you some questions about what you were doing when you were sitting down over the last week.

It may be difficult sometimes to decide which is the main activity, but please choose the one you think fits best. Please don't worry about how these numbers add up. We know that this doesn't cover everything.

Daily questionnaire

	Example [
		If you had the TV on in the background while eating a meal, th activity and you should write the time in that section. But if you while watching your favourite TV show, then watching To	u were hav	ing a snack
2.		vrite in how much time you spent sitting and doing the verage day in the last seven days:		
а.	Watchin	g television, video, or DVDs	Hours	Minutes
b.	•	computer for work aid work, volunteering, clerical tasks)		
С.	_	computer for leisure ames, friends and family, internet, shopping)		
d.	Read for	r leisure books, newspaper, magazine, kindle)		
е.	Listenin	g to music or radio		
f.	Doing a (e.g., l	hobby knitting, crafts, jigsaws, puzzles, playing piano)		
g.	_	with friends or family alking in person or on the phone)		
h.	Eating n	neals or snacks		
		ing self-care tasks athing, using toilet, dressing, brushing hair)		
		old tasks leaning shoes, writing a list, ironing, folding)		
k.	Taking a	nap during the day or resting while doing nothing else		

<u>Sun/Mon/Tues/Wed/Thurs/Fri/Sat</u>

<u>- 2015</u>

DAY 9

Daily questionnaire

					Pleas	se circle
1.	What time did you get into bed last night?		:		am	pm
2.	What time do you think you fell asleep last night?		:		am	pm
3.	How many times did you get out of bed during the n	ight las	st r	ight?		times
4.	What time did you wake up this morning?		:		am	pm
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Daily questionnaire

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Time spent sitting yesterday

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1. Please estimate how long in total you spent sitting yesterday?

(Please write in)





hours



minutes

The next questions are about what you were doing when you were sitting down yesterday.

We know that people sometimes do two things at once when sitting down, for example you might knit and listen to music, or eat and watch TV. In this case, please decide which one is the main activity and write in the time for that.

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Daily questionnaire

Example

	while watching your favourite TV show, then watching TV is your main activit					
	Please yester	write in how much time you spent sitting and doing the day:				
			Hours	Minutes		
•	Watchi	ing television, video, or DVDs				
	Using a	a computer for work				
	•	paid work, volunteering, clerical tasks)				
	Using a	a computer for leisure				
		games, friends and family, internet, shopping)				
	Poad f	or leisure				
•		books, newspaper, magazine, kindle)				
	(-0)					
	Listeni	ng to music or radio				
	Doing	a hobby				
	_	knitting, crafts, jigsaws, puzzles, playing piano)				
	Talking	with friends or family				
•	_	talking in person or on the phone)				
	(8-)	Surprise of the process,				
	Eating	meals or snacks				
	Perform	ming self-care tasks				
		bathing, using toilet, dressing, brushing hair)				
	(3.01)					
	Housel	hold tasks				
	(e.g.,	cleaning shoes, writing a list, ironing, folding)				
	Taking	a nap during the day or resting while doing nothing else				

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			Hours	Minutes
a.	Watchi	ing television, video, or DVDs		
b.	U	a computer for work paid work, volunteering, clerical tasks)		
C.	_	a computer for leisure games, friends and family, internet, shopping)		
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Exam	pĺ	le

<u>yesterday</u> :	Hours	Minute
Watching television, video, or DVDs		
Using a computer for work (e.g., paid work, volunteering, clerical tasks)		
Using a computer for leisure (e.g., games, friends and family, internet, shopping)		
Read for leisure (e.g., books, newspaper, magazine, kindle)		
Listening to music or radio		
Doing a hobby (e.g., knitting, crafts, jigsaws, puzzles, playing piano)		
Talking with friends or family (e.g., talking in person or on the phone)		
Eating meals or snacks		
Performing self-care tasks (e.g., bathing, using toilet, dressing, brushing hair)		
Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)		
Taking a nap during the day or resting while doing nothing else		

Daily questionnaire

					Pleas	se circle
1.	What time did you get into bed last night?		:		am	pm
2.	What time do you think you fell asleep last night?		:		am	pm
3.	How many times did you get out of bed during the n	ight las	t r	night?		times
4.	What time did you wake up this morning?		:		am	pm
5.	What time did you get out of bed this morning?		:		am	pm

Daily questionnaire

					Please circle		
1.	What time did you get into bed last night?		:		am	pm	
2.	What time do you think you fell asleep last night?		:		am	pm	
3.	How many times did you get out of bed during the n	ight las	t r	ight?		times	
4.	What time did you wake up this morning?		:		am	pm	
5.	What time did you get out of bed this morning?		:		am	pm	

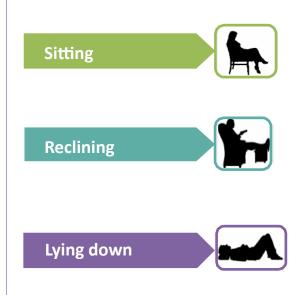
Daily questionnaire

					Pleas	se circle
1.	What time did you get into bed last night?		:		am	pm
2.	What time do you think you fell asleep last night?		:		am	pm
3.	How many times did you get out of bed during the n	ight las	st n	ight?		times
4.	What time did you wake up this morning?		:		am pm	
5.	What time did you get out of bed this morning?				am	pm

Daily questionnaire

Morning: Please answer the following questions around 9.00 am

Please circle What time did you get into bed last night? 1. am pm 2. What time do you think you fell asleep last night? am pm How many times did you get out of bed during the night last night? 3. times What time did you wake up this morning? 4. am pm 5. What time did you get out of bed this morning? am pm



Time spent sitting on an average day in the last 7 days

The following questions are about the last seven days (week). Please answer them at some time today.

Please think about the time you spent sitting over the last 7 days.

1. Please estimate how long in total you spent sitting on an average day in the last seven days?

(Please write in)



hours

minutes

Daily questionnaire

We would now like to ask you some questions about what you were doing when you were sitting down over the last week.

We know that people sometimes do two things at once when sitting down, for example you might knit and listen to music, or eat and watch TV. In this case, please decide which one is the main activity and write in the time for that.

It may be difficult sometimes to decide which is the main activity, but please choose the one you think fits best.

Please don't worry about how these numbers add up. We know that this doesn't cover everything.



Example

Daily questionnaire

on an average day in the last seven days:	Hours	Minut
Watching television, video, or DVDs		
Using a computer for work (e.g., paid work, volunteering, clerical tasks)		
Using a computer for leisure (e.g., games, friends and family, internet, shopping)		
Read for leisure (e.g., books, newspaper, magazine, kindle)		
istening to music or radio		
Doing a hobby (e.g., knitting, crafts, jigsaws, puzzles, playing piano)		
Talking with friends or family (e.g., talking in person or on the phone)		
Eating meals or snacks		
Performing self-care tasks (e.g., bathing, using toilet, dressing, brushing hair)		
Household tasks (e.g., cleaning shoes, writing a list, ironing, folding)		
Taking a nap during the day or resting while doing nothing else		

Thank you for taking the time to complete this questionnaire.

Please return this questionnaire to the researcher when you see him/her at your next visit.