

PROactive Questionnaire

Please complete the survey below.

Thank you!

By physical activity we refer to any activities in which you need to move your body. Examples include: household activities, hiking, going to work, or getting dressed.

Think of all the activities you do, not only on these examples. We would like to know how you experience your physical activity IN THE PAST 7 DAYS

Please choose the answer that best applies to you IN THE PAST 7 DAYS. There are no wrong answers.

1. In the past 7 days, how much walking did you do outside?

- None at all
- A little bit (about 10 minutes every day)
- Some (about 30 minutes every day)
- A lot (about 1 hour every day)
- A great deal (more than 1 hour every day)

2. In the past 7 days, how many chores did you do outside the house? Some examples are gardening, taking the rubbish out, or doing small errands.

- None at all
- A few
- Some
- A lot
- A large amount

3. In the past 7 days, how much difficulty did you have getting dressed?

- None at all
- A little bit
- Some
- A lot
- A great deal

4. In the past 7 days, how much difficult did you have getting out and about?

- None at all
- A little bit
- Some
- A lot
- A great deal

5. In the past 7 days, how often did you avoid doing activities because of your health problems?

- None at all
- Rarely
- Sometimes
- Frequently
- All the time

6. In the past 7 days, how breathless were you in general during your activities?

- None at all
- A little bit
- Moderately
- Very
- Extremely

7. In the past 7 days, how often did you lack physical strength to do things because of your health problems?

- None at all
- Rarely
- Sometimes
- Frequently
- All the time

8. In the past 7 days, how tired were you in general during your activities?

- None at all
- A little bit
- Moderately
- Very
- Extremely

9. In the past 7 days, how often did you need to take breaks during your physical activities?

- None at all
- Rarely
- Sometimes
- Frequently
- All the time

10. In the past 7 days, how breathless were you when walking on level ground indoors and outdoors?

- None at all
- A little bit
- Moderately
- Very
- Extremely

11. In the past 7 days, how much time did you need to recover from your physical activities?

- None at all
- A little bit
- Some
- A lot
- A great deal

12. In the past 7 days, did you need to consider your health problems when you planned your activities? Examples are a trip out, an appointment or expecting visitors.

- No
- A little bit
- Sometimes
- A lot
- A great deal