

**INCIDENTAL AND PLANNED EXERCISE QUESTIONNAIRE (VERSION W\*)**

*Q1-Q4. During the last week, how much time did you spend in the following activities?*

Never  Please go to question 5

Exercise type	Number of times /week	Number of minutes per session				
		<30	30-45	45+	1-2hrs	2-4hrs
Exercise class	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Exercise (e.g. stationary bicycle, stretching)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Exercise 1 (please specify)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Exercise 2 (please specify)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Exercise 3 (please specify)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Examples of other activities: bowls, golf, tennis, swimming, dancing, jogging, bicycling, etc.*

*Q5. During the last week, how often have you been on walks specifically for exercise? (i.e. walking in the park, in the streets, cross-country walking, walking the dog etc).*

- Every day   
 3-6 times/week   
 Twice/week   
 Once/week   
 Less than once/week   
 Never  Please go to question 7

*Q6. In these walks for Exercise, how long did you walk for?*

- Less than 15mins/day   
 15mins to less than 30mins/day   
 30mins to less than 1 hour/day   
 1 hour to less than 2 hours/day   
 2 hours to less than 4 hours/day   
 4 or more hours/day



*Q7. During the last week, how often have you been on other walks (i.e. walk to general practitioner, pharmacy, or store)?*

- |                     |                          |                         |
|---------------------|--------------------------|-------------------------|
| Every day           | <input type="checkbox"/> |                         |
| 3-6 times/week      | <input type="checkbox"/> |                         |
| Twice/week          | <input type="checkbox"/> |                         |
| Once/week           | <input type="checkbox"/> |                         |
| Less than once/week | <input type="checkbox"/> |                         |
| Never               | <input type="checkbox"/> | Please go to question 9 |

*Q8.. In these other walks, how long did you walk for?*

- |                                  |                          |
|----------------------------------|--------------------------|
| Less than 15mins/day             | <input type="checkbox"/> |
| 15mins to less than 30mins/day   | <input type="checkbox"/> |
| 30mins to less than 1 hour/day   | <input type="checkbox"/> |
| 1 hour to less than 2 hours/day  | <input type="checkbox"/> |
| 2 hours to less than 4 hours/day | <input type="checkbox"/> |
| 4 or more hours/day              | <input type="checkbox"/> |

*Q9. During the last week, in addition to the walking you mentioned above, how much time did you spend each day out of your house doing other physical activity such as house maintenance and gardening? (Excluding housework and activities inside the house).*

- |                                  |                          |
|----------------------------------|--------------------------|
| Never (i.e. no garden)           | <input type="checkbox"/> |
| Less than 15mins/day             | <input type="checkbox"/> |
| 15mins to less than 30mins/day   | <input type="checkbox"/> |
| 30mins to less than 60mins/day   | <input type="checkbox"/> |
| 1 hour to less than 2 hours/day  | <input type="checkbox"/> |
| 2 hours to less than 4 hours/day | <input type="checkbox"/> |
| 4 or more hours/ day             | <input type="checkbox"/> |

*Q10. During the last week, how many hours did you spend on your feet each day indoors at home doing tasks like housework, self care or care for another person?*

- |  |                          |
|--|--------------------------|
| Never (i.e. living in hostel, assisted living) | <input type="checkbox"/> |
| Less than 15mins/day                           | <input type="checkbox"/> |
| 15mins to less than 30mins/day                 | <input type="checkbox"/> |
| 30mins to less than 60mins/day                 | <input type="checkbox"/> |
| 1 hour to less than 2 hours/day                | <input type="checkbox"/> |
| 2 hours to less than 4 hours/day               | <input type="checkbox"/> |
| 4 or more hours/day                            | <input type="checkbox"/> |



### SUMMARY CALCULATIONS

Question	Response	CODE
Q1, Q3	Never	0
	Once/week	1
	Twice/week	2
	Three times/week	3
	Four times/week	4
	Five times/week	5
	Six times/week	6
	Seven times/week	7
Q2, Q4	Never	0
	less than 30mins	0.250
	30-45 mins	0.625
	more than 45mins	1.000
	1-2 hrs	1.500
	2-4 hrs	3.000
Q5, Q7	every day	7.000
	3-6 times/week	4.500
	twice/week	2.000
	once/week	1.000
	Less than once/week	0.000
	Never	0
Q6, Q8, Q9, Q10	Never	0
	Less than 15mins	0.125
	15-30 mins	0.375
	30 mins - 1hr	0.750
	1-2 hrs	1.500
	2-4 hrs	3.000
	4 hrs +	5.000

Total time spent is summed across all components and expressed as hours per week. The score is derived from multiplying frequency score and duration score to create a total duration for the week score

$$\text{Total activity} = (Q1*Q2) + (Q3*Q4) + (Q5*Q6) + (Q7*Q8) + (Q9*7) + (Q10*7)$$

Several activity subscores can be derived by summing only those questions that are relevant to your research question.

Examples:

$$\text{Incidental activity} = (Q7*Q8) + (Q9*7) + (Q10*7)$$

$$\text{Walking activity} = (Q5*Q6) + (Q7*Q8)$$

$$\text{Planned activity} = (Q1*Q2) + (Q3*Q4) + (Q5*Q6)$$

$$\text{Planned walking activities} = (Q5*Q6)$$

$$\text{Planned sport activities} = (Q1*Q2) + (Q3*Q4)$$

#### Reference:

Delbaere K, Hauer K, Lord SR. Evaluation of the incidental and planned exercise questionnaire (IPEQ) for older people. *British Journal of Sports Medicine*. 2010;44(14):1029-1034.