

ID

Date

: I am going to ask you about what you have been doing over the
sitting or lying down, walking, exercise, sport and other activities.

, including time spent in bed,

A What time did you mostly go to bed over the past seven days?

: _____ am/pm

B What time did you mostly get out of bed over the past seven days?

_____ am/pm

A That leaves approximately ____ hours a day for other activities.
Out of those ____ hours, how long did you spend sitting or lying down, such as when you are
eating, reading, watching TV or using electronic devices?

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