

Zutphen Physical Activity Questionnaire (ZPA)

The questions asked concern your daily activities.

1. Can you walk indoors?
 - o Yes
 - o No, because I use a wheelchair
 - o No, because I am bed ridden
 - o No, for a different reason, namely _____

If you are unable to walk or cycle, go to question 7.

2. How often did you take a walk during the last week? ____ times
3. How long did such a walk last? ____ minutes
4. How would you describe your walking pace? __Calm__Normal__Firm
5. Did you take a walk that lasted longer than 1 hour during the last month? NO YES
 - a. How often did you do that? _____ times
6. Do you bicycle? NO YES
 - . If yes, how often did you bicycle last week? ____ times
 - a. How long did you bicycle? _____ minutes
 - b. How would you describe your bicycling pace? __Calm__Normal__Fast

Bron: NIH National cancer institute. Beschikbaar via:
<https://epi.grants.cancer.gov/paq/q071.html>. Geraadpleegd op 13-12-2017