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APPENDIX

APPENDIX A

QUESTIONNAIRE FOR SEDENTARY BEHAVIOR SEDENTARY BEHAVIOR QUESTIONNAIRE (SBQ)

BY James F. Sallis (2010)

On atypical, how much time do you spend (from when you wake up until you go to bed) doing the following?

S. No	Content	None	15 min. or less	30 min.	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs or more
1	Watching television (including videos on VCR/DD).									
2	Playing computer or video games									
3	Sitting listening to music on the radio, tapes or CDs.									
4	Sitting and talking on the phone									
5	Doing paperwork or computer work (office work, emails, paying bills etc.,)									
6	Sitting reading a book or magazine									
7	Playing a musical instrument									
8	Doing artwork or crafts									
9	Sitting and driving in a car, bus or train									