

ID

Date

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

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?

--	--	--	--	--	--	--	--