

Appendix I 24h Physical Activity Record WEB

Looking back over the past 24 hours, for each 15 minute period, select and record the activities in the table on the right of the page.

Sample screen

今日は、2011/07/06(水曜日)です。
 今日1日を振り返り、階段を昇ることはありましたか？
 15 階程昇った。
 今日1日の活動内容と時間帯を教えてください。

デスクワーク、PC、書類				
活動内容	選択時間			
<input type="checkbox"/> 家での活動または余暇活動	00:00	00:15	00:30	00:45
<input type="checkbox"/> 移動(通勤・通学など)による活動	01:00	01:15	01:30	01:45
<input type="checkbox"/> 仕事での活動	02:00	02:15	02:30	02:45
<input type="checkbox"/> 食事、休憩	03:00	03:15	03:30	03:45
<input type="checkbox"/> 座位	04:00	04:15	04:30	04:45
<input type="checkbox"/> デスクワーク、PC、書類	05:00	05:15	05:30	05:45
<input type="checkbox"/> 座位での軽作業	06:00	06:15	06:30	06:45
<input type="checkbox"/> 会議、打ち合わせ	07:00	07:15	07:30	07:45
<input type="checkbox"/> 立位	08:00	08:15	08:30	08:45
<input type="checkbox"/> 歩行	09:00	09:15	09:30	09:45
<input type="checkbox"/> 高強度の活動	10:00	10:15	10:30	10:45
<input type="checkbox"/> スポーツ・運動	11:00	11:15	11:30	11:45
	12:00	12:15	12:30	12:45
	13:00	13:15	13:30	13:45
	14:00	14:15	14:30	14:45
	15:00	15:15	15:30	15:45
	16:00	16:15	16:30	16:45
	17:00	17:15	17:30	17:45
	18:00	18:15	18:30	18:45
	19:00	19:15	19:30	19:45
	20:00	20:15	20:30	20:45
	21:00	21:15	21:30	21:45
	22:00	22:15	22:30	22:45
	23:00	23:15	23:30	23:45

Appendix I

Items included in the 24h physical Activity Record WEB and their metabolic equivalents

Type of behavior	METs
Sleeping	0.9
Leisure time activities	
Eating, reading, newspaper, TV	1.3
Brushing teeth, makeup, bath	2.1
Walk (Paseo)	2.1
Cleaning, cooking, washing	2.3
Foods shopping, childcare, walking	2.8
Window cleaner, cutting grass	4.1
Car wash (wax), DIY	4.5
Hole digging, shoveling snow	5.5
Way to work	
Walking slowly	2.5
Normal walking	3.5
Brisk walking	4
About 15km/h bicycle slowly	4
About 16–19km/h bicycle natural	6
About 19–23km/h bicycle fast	10
About 23–26km/h bicycle very fast	12
Train (sitting position)	1.3
Train (standing)	2
Bus (sitting position)	1.3
Bus (standing)	2
Car	1.3
Motorbike	1.5
Work related activities	
Meals, break	1.3
Desk work, PC, documentation	1.5
Light work in a sitting position	2.5
Light work, in-store customer service	2.5
Work of moderate intensity, shelf arrangement	3
High-intensity work, cargo	4
Walking slowly	2.5
Brisk walking	4
Lightweight movement of goods (such as a dish)	4
Weight movement of goods (eg furniture)	5
Painting	4.5
Digging	5.5
Agricultural, construction industry	6
Heavy cargo	7
Conference, meeting	1.5

Appendix I Continued

Type of behavior	METs
Sports activities	
Walking slowly	2.5
Normal walking	3.5
Brisk walking	4
Jogging slowly	7
Mountain climbing, hiking	7.5
Jogging Slightly faster	8
Running fast	12
About 15km/h bicycle slowly	4
About 16–19km/h bicycle natural	6
About 19–23km/h bicycle fast	10
About 23–26km/h bicycle very fast	12
Fishing (sitting position)	2.5
Fishing (standing)	3.5
Fishing (mountain stream)	6
Golf (practice field)	3
Golf (with cart)	3.5
Golf (no cart)	4.5
Play catch	2.5
Bowling	3
Badminton	4.5
Baseball, softball	5
Soccer, tennis	7
Stretch	2.5
Strength training (light and moderate intensity)	3
Jump rope	5
Strength training (high intensity)	6
Skiing	7
Swimming (slowly)	8
Swimming (faster)	12