









Growing Up in Ireland Young Person Survey – Short and Proxy Interview Questionnaires Cohort '08 at 13 years of age

Short Interview

ID						
Time Started (24 hour	clock)		Date _			
(24 11001)	ciocky				nth ye	ear
				·	·	
A. Prelin	ain ania					
[Script at beginning of survey takes the respondent through the maparticipate]		_	ormation She	eet and a	iffirms their	consent to
A1. Please confirm that you have read the Information She agree to take part in the survey: Yes, I agree to take part No, I do not wish to take part	1	•	cipating wi	th your	or guardi	an and
B. Activities and Time at Home L First, some questions about your recent experience during the Cov	_		19 Restr	iction	S	
B1. Thinking of the time during the most recent Level 5 restrictions the following was always true, sometimes true or not true for the following was always true.	you.		vere closed, SOMETIMES		ay whether	
a. I had a quiet space to study					3	
b. I missed my friends		1		2	3	
c. I had a chance to attend school lessons with my teacher on the i		_				
d. My parent(s) helped with my school work		=				
a. I was able to keep in touch with my friends		1		2	3	
C. Activi	ties					
Please indicate (a) how often you do each of these activities and (I month, the main reason.	b) if you ne	ever do the	em or do the	m less o	ften than o	nce a
	(a) How oft	en		often/nev	-
	A+ l +	A + 1 = = = +	l ann aftan		the main rea	
	At least once a	At least once a	Less often or never	No interest	Covid restrict-	Other reason
	week	month	Of ficver	interest	ions	reason
C1. Play sports with a coach or instructor, or as part of an						
organised team, other than in P.E. class? (swimming, soccer,		\square_2			\square_2	3
GAA games, hockey, etc.)						
C2. Take part in dance lessons		2	3		2	3
C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals	1	2	3		2	3
C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups		2	3		2	3

C6. How many times a week do you do these activities for fun or to relax.

		Ever	•		or twice a	Less than c	
a. Reading for fun (include Kindle or other e-book rea	ader) (not for	day			week	week / N	ever
school)					<u></u> □0	□′	
b. Singing or playing a musical instrument			4		<u>6</u>	7	
c. Physical activities or sports without a coach or inst	ructor (e.g.		. 4		6	7	
dancing, swimming, biking, soccer, running) d. Drawing/painting/crafts (such as model-making, ki	nitting)						
e. Going to the cinema	ilittilig)		4		<u>6</u>		
f. Spending time with pets				•	<u></u> 6	/	
g. Hanging out with friends							
	ernet an	d Scree	n Time	<u>'</u>			
D1. Do you have any of the following that you can	or my sole use			someone else	<u> </u>	No	
a. Smartphone		163, 00	T ₂	Someone else			
b. Tablet (no keyboard)							
c. Tablet with a keyboard							
d. Laptop computer							
e. Other computer (including desktop)						□₃	
f. Other device, such as gaming console							
computer, tablet, smart-phone. Do <u>not</u> inc please answer separately for weekdays and	-	Up to one	1 to 2 hours	2to 3 hours	3 to 4 hours	4 to 5	f each,
		hour [less	[1 to less	[2 to less	[3 to less	hours[4 to	more
		than 1	than 2	than 3	than 4	less than 5	
Weekday during term time		hour]	hours]	hours]	hours]	hours]	
a. Watching television /films/ videos (on TV set, tabl	et □₁	П		П		Пе	
or other device)		<u> </u>					
b. Playing video/computer games		<u>2</u>	3	<u>4</u>	5	<u>6</u>	7
c. Other online or screen-based activities	1	2	3	4	5	6	
Weekend day or holiday d. Watching television /films/ videos (on TV set, tabl	et \square_{ι}			Π.			
or other device)		2	3	4	b	b	/
e. Playing video/computer games		2	3	4	5	<u>6</u>	7
f. Other online or screen-based activities		2	3	4	5	<u>6</u>	7
	gaming site t	that you cu	irrently use	-	Yes	1 No	
Now some questions about your experiences of so	thool and edu	ucation					
E1. What class are you in since last September?							
Home schooled	.1 1						
Section for Students in Second Level Schools since las	t September						
E2 Please tick the subjects you are taking from Sep studying.	tember 2019.		_	-		evel you are	!
IrishHigher 1 OrdinarEnglishHigher 1 Ordinar		-		von t take Iri	ısn[_]₄		

History. Business Studies Geography Cuic, Social and Political Education (CSPE). Geography Geography	Mathematics	Hig	gher[1 C	Ordinary		₂ No	t sure y	et	3				
Physical Education Grant	History			[₁ Busin	ess	Studies						1	
German	Geography			[\Box_1 Civic,	Soc	ial and F	Political	Educatio	n (CSPE)		1	
Other (please specify)	French				☐₁ Physi	cal E	Educatio	n					1	
Religious Education	German			[_₁ Socia	l, Pe	rsonal a	nd Heal	lth Educa	ition (SP	HE)		1	
Visual Art	Spanish			[_₁ Othei	r (pl	ease spe	cify)					1	
Music	Religious Education	١			\square_1									
Science	Visual Art				\square_1									
Home Economics	Music				\Box_1									
Engineering	Science			_	$\overline{\mathbb{I}}_{1}$									
Engineering	Home Economics				\exists_{1}									
E3. Did you take any short courses this year? Yes No	Wood Technology .				\exists_{1}									
E3. Did you take any short courses this year? Yes No	Engineering			Г	_ 									
E3. Did you take any short courses this year? Yes				· -	⊒ ⁺ ¬									
E8. How many of your friends from primary school are [tick one box on each line] Season Seaso	Grapilics			····· L	1									
None	E5. Did you have a	any choic	e over what	subje	ects you did	d thi	is year?	Yes, a			a little []1 N	O2	
a in your secondary school	E8. How many of	your frie	nds from pri	mary	school are	[1	tick one	box on	each lir					
E11. For each statement please tick ONE BOX ONLY to show whether you agree or disagree with these views. Strongly Agree Neither agree Disagree Strongly disagree a. I am excited about starting secondary school					None		One	Tw	0	3 or	more	Stil	l at primary s	chool
E11. For each statement please tick ONE BOX ONLY to show whether you agree or disagree with these views. Strongly Agree Neither agree Disagree Strongly					1		2		3		4		5	
Half an hour or less [31 minutes to less [1 to less [2 to less [3 to less hours]] however less hours] hours hour less hours] hours] hours hours] hour	b. I am look c. I am nerv E12 for all except I	ing forwa ous abou Home Sch feel abou	ard to making to mooled since sit school in givery much	g new a nev Septer genera I lik	v friends v school mber 2020 al? [TICK ONE e it quite a bit	BO)	1 1 VONLY I like it	a bit	l do	n't like it	: Ih	44 ate it	5 5	
less [31 minutes to [1 to less than 1 hours] than 2 hours] than 3 hours] than 4 hours] homework minutes] hour] 1	schools are open?)			<u>, </u>		T							: when
[0 to 30 less than 1 than 2 hours] than 3 hours] than 4 hours] less than 1 hour] less than 1 hour] less than 1 hour] less than 3 hours] than 4 hours] less than 4 hours] less than 1 hour] less than 1 hour] less than 3 hours] than 4 hours] less than 4 hours] less than 1 less than 3 hours] than 4 hours] less than 4 less than 4 less than 5 less than 1 less than 3 hours] than 4 hours] less than 4 less than 5 less than 6 less than 8 less than 1 less than 8 less than 1 less than 8 less than 9 less th											-			
E16.For each of these subjects, please indicate if you find the subject Difficult, OK, Not Difficult or You Don't Take that Subject. [TICK ONE BOX ON EACH LINE] Difficult OK Not difficult Don't take	[0 t	o 30	less than	1	than 2 hou	rs]	than 3	hours]	than 4	hours]	_			
E16.For each of these subjects, please indicate if you find the subject Difficult, OK, Not Difficult or You Don't Take that Subject. TICK ONE BOX ON EACH LINE Difficult OK Not difficult Don't take	min	utes]	hour]											
TICK ONE BOX ON EACH LINE] Difficult OK Not difficult Don't take Maths		1	\square_2		3			4		5	<u>6</u>		7	
Irish	[TICK ONE BOX O	N EACH LIN	NE]	D	ifficult		(ОК		Not dif	ficult		Don't take	t Subject.
English								<u></u>			2			
Science								<u> </u>			o			
E17. For each of these subjects, please indicate if you find the subject Interesting, OK, Not interesting or you don't take that subject. [TICK ONE BOX ON EACH LINE] Interesting OK Not interesting Don't take Maths											o			
Maths	E17. For each of t	hese sub	jects, pleas	e indi	cate if you		-	— bject Ir	nterestir	ng, OK,	Not interes		-	take that
Irish	Maths							2					4	
English 2 3 4								_			3		4	
								_			3			
							_	=		-	3		4	

	ome students get extra h within school in any subj	-	ool in som	e sub	jects. C	Over the la	st 12 mon	ths have you	received ar	ıy extra help)
_	Yes		🔲 1	No			□2 →	Go to E20			
	E19. What subjects did y	ou get ext	tra help in?	тіск (тіск	ALL THA	T APPLY]					
	English/Reading] ₁ Ma	ths	2	Iris	sh	∐₃ Oth	er subject		_ 4	
F4. Do	you get money to spend	on yourse	elf from an	y of t	he follo	owing? [TIC	K ALL THAT A	APPLY]			
a.	Regular pocket money										
b.	Doing chores (or babys										
c. d.	Given money by parent Doing occasional jobs (_				
e.	Have a regular part-tim										
	The second secon	. ,									
	out how much money, in month]	total, do	you receiv	e wh	en you	put all the	se source	s together?	€	per	
	G. 1	Physica	al activ	itie.	s, Ch	ores, Fa	ood and	d Self-Ca	re		
Now s	ome questions about e	exercise a	ind sport.								
G1. Ov	er the past 7 days on how	w many da	ays were yo	ou ph	ysically	, active for	a total of	at least an h	our (60 min	utes) per da	ay?
	. ,	•		•		•			,		•
	Physical activity is any ac	_	-								
	activity can be done in sp						_		_		nples
	of physical activity are ru	nning, bris	sk walking,	cyciii	ng, dan	cing, skate	boarding,	swimming, s	occer and to	otball.	
	None / zero days	1 day	2 days	3 da	avs	4 days	5 days	6 days	7 days / eve	ry day	
]3	T ₄			7 dd 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	. ,,	
G2. Ov	er the past 7 days on how	w many da	ays did you	take	part in	light exer	cise for a t	otal of at le	ast an hour (60 minutes) per
	ight exercise is <u>not</u> hard	-			-						
walking	g, or slow cycling.										
	None / zero days	1 day	2 days	3	days	4 days	5 days	6 days	7 days / eve	ry day	
	0	1	2		3	4	5	6	7		
G5_1. 0	Over the last week, how	much time	e did you s	pend							
					None	Up to one	1 to2				
						hour [Less	hours	[2 to less	[3 to less	[4 to less	more
						than 1 hour]	[less than 2 hours	than 3 hours]	than 4 hours]	than 5 hours]	[5 or mor hours]
a. hel	ping with tasks inside the	e house, s	uch as								
cle	eaning, tidying, laundry,	preparing	meals, tak	ing	\square_1	\square_2	3	<u></u> 4	5	<u></u>	7
	re of younger children o		-	rs?							
	lping with tasks outside				_	_					_
_	rdening, taking out the l	bins, wash	ning the car	or	1	2	3	4	5	6	7
he	elping on a family farm?										

K. Siblings and Friends

Now some questions about your brothers and sisters and your friends

 K2. [If yes] How often do you do any of the following with any of your broto a. Play computer or video games together b. Listen to music together 		isters?			
	Never				
		Less than	Once a	2-5 times a	Nearly
		once a	week	week	every
		week			day
h Liston to music together	1	2	3	4	5
b. Listen to music together	1	<u>2</u>	3	4	5
c. Spend time together on another hobby or interest		2	3	4	5
d. Go out together		2	3	<u></u> 4	5
e. Argue with one another		2	3	4	
f. Push, shove or hit one another		2	3	4	
g. Play sports (e.g. football, gymnastics) together		\square_2	3	 4	
h. Help each other with homework			3	<u>4</u>	
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None State of the friends you usually go about with? [TICK ONE BOX ON EACH None State of the friends you usually go about with? [TICK ONE BOX ON EACH NONE STATE OF THE FRIENDS ON EACH NONE STATE OF THE	H LINE] Some 22] ₃		
A. A year or more younger	H LINE] Some 22] ₃		
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	1 LINE] Some 2 2 2 2		3 3 3 3 3		
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	LINE] Some		3 3 3 3 3		
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	LINE] Some]3]3]3]3	Never	
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	LINE] Some	all of then]3]3]3]3	Never 3	
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	LINE] Some	all of then]3]3]3]3	Never 3	
K5 How old are the friends you usually go about with? [TICK ONE BOX ON EACH None A. A year or more younger	LINE] Some	all of then]3]3]3]3	Never 3 3 3	



n. Hanging out with friends











Proxy Interview

Time Started (24 hour of survey takes the respondent through the materials)	ninarie.		Date _ day rmation She	n	·	ear consent
to participate]						
A1. Please confirm that you have read the Information Shewagree to take part in the survey: Yes, I agree to take part	1		cipating wi	ith your	or guardi	an and
C. Activi	ties					
Please indicate (a) how often you do each of these activities and (k month, the main reason.		ever do the	em or do the	em less o	ften than o	nce a
	(;	a) How oft	en	(b) less	often/nev	er , what
	,	•			the main re	
		_			6	0.1
	At least once a week	At least once a month	Less often or never	No interest	Covid restrict- ions	Other reason
C1. Play sports with a coach or instructor, or as part of an	once a	once a			restrict-	
C1. Play sports with a coach or instructor, or as part of an organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.)	once a	once a			restrict-	
organised team, other than in P.E. class? (swimming, soccer,	once a week	once a month	or never	interest	restrict- ions	
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.)	once a week	once a month	or never	interest	restrictions	
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs /	once a week	once a month	or never	interest	restrictions 2	reason
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth	once a week	once a month	or never	interest 1 1 1	restrictions 2 2 2 2	reason
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups	once a week 1 1 1 1 1 relax.	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 Less than	reason 3 3 3 3 once a
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to	once a week 1 1 1 1 1 relax. Every day	once a month	or never	interest 1 1 1	restrictions 2 2 2 2 2 2 2	reason 3 3 3 3 once a
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to the school)	once a week 1 1 1 1 1 relax.	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 Less than	reason 3 3 3 3 once a
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to the school) i. Singing or playing a musical instrument	once a week 1 1 1 1 1 relax. Every day	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 Less than	reason 3 3 3 once a Never
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to school) i. Singing or playing a musical instrument j. Physical activities or sports without a coach or instructor (e.g.	once a week 1 1 1 1 1 relax. Every day	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 4 Less than week / I	reason 3 3 3 once a Never
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to the school) i. Singing or playing a musical instrument	once a week 1 1 1 1 1 relax. Every day	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 4 Less than week / I	reason 3 3 3 once a Never
organised team, other than in P.E. class? (swimming, soccer, GAA games, hockey, etc.) C2. Take part in dance lessons C3. Take part in art, crafts, drama or music lessons / clubs / rehearsals C4. Take part in clubs or groups such as Guides or Scouts, youth club, community or church groups C6. How many times a week do you do these activities for fun or to school) i. Reading for fun (include Kindle or other e-book reader) (not for school) i. Singing or playing a musical instrument j. Physical activities or sports without a coach or instructor (e.g. dancing, swimming, biking, soccer, running)	once a week 1 1 1 1 1 relax. Every day	once a month	or never	interest 1 1 1 1 1 1 or twice a	restrictions 2 2 2 2 2 4 Less than week / I	reason 3 3 3 once a Never

	D. Interi	net an	d Scree	en Time				
D1. Do you have any of the following tha						1		
	Yes, for my	/ sole use	Yes, bu	ut shared with	someone else	9	No	
g. Smartphone		1		2			3	
h. Tablet (no keyboard)		1		2			3	
i. Tablet with a keyboard		1		2_			3	
j. Laptop computer		1		2			3	
k. Other computer (including desktop)		1		2_			3	
I. Other device, such as gaming console		1		2			3	
D2. How much time do you spend on eac time)? Please include time before computer, tablet, smart-phone. D please answer separately for week	school as wel o <u>not</u> include	l as time time spe ekend da	after scho ent using co ays.	ol and included on puters in	de any scree school or fo	n-based dev r online clas	vice: TV, ss work. Fo	or each,
		None		1 to 2 hours		3 to 4 hours		5 hours o
			hour [less	[1 to less	[2 to less	[3 to less than 4	hours[4 to less than 5	
			than 1 hour]	than 2 hours]	than 3 hours]	tnan 4 hours]	hours]	
Weekday during term time				110015]	nours	110013]		
g. Watching television /films/ videos (on T or other device)	V set, tablet		2	3	4	5	<u>6</u>	7
h. Playing video/computer games			2	3	4	5	<u>6</u>	7
i. Other online or screen-based activities			2	3	4	5	6	7
Weekend day or holiday								
j. Watching television /films/ videos (on T or other device)	V set, tablet	1	2	3	4	_5	<u>6</u>	7
k. Playing video/computer games			2	3	4	5	<u>6</u>	7
I. Other online or screen-based activities			2	3	4	5	<u>6</u>	7
(such as Instagram or WhatsApp)? D5. Do you have your own account or pro Now some questions about your experies	E. Scho	ool an	d Educ	=	(such as Fort	Yes :nite)? Yes		_
E1. What class are you in since last Septe	mber?							
Home schooled	Go to E11 Go to E11							
Section for Students in Second Level Schools E2 Please tick the subjects you are taking	-		For Irish, E	nglish and M	laths, please	tick which le	evel you are	e
studying.	Ordinani		Not sure :::		Don't take In	ich 🗆		
Irish Higher \square_1	•		•	_	Don't take Iri	SII <u> </u> 4		
English Higher \square_1 Mathematics Higher \square_1	Ordinary Ordinary		Not sure yo	_				
History	🔲 1 Busir	ness Studi	es				1	
Geography	\square_1 Civic,	Social ar	nd Political I	Education (CS	SPE)		1	
French							_	
German					(SPHE)			
Spanish		r (please	specify)				1	
Religious Education	=							
Visual Art	□1							

Wood Technology		<u>1</u>				
Engineering		1				
Graphics		<u> </u>				
E3. Did you take any sh	nort courses this year	r? Yes □₁	No 🗔			
E5. Did you have any c	_			lot □₁ Yes	a, a little □₁	ı No □₂
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		, ,	,		, , , , , , , , , , , , , , , , , , , ,	<u> </u>
E8. How many of your	friends from primary				<u></u>	
- :		None	One Tw		r more	Still at primary school
a in your seconda E11 for Students in fifth		1 st Sentember	2	3	4	5
LII joi Students in jijtii	or sixtii class since las	st September				
E11. For each stateme	nt please tick ONE BO	OX ONLY to sh	ow whether you	ı agree or disag	gree with the	se views.
			rongly Agree gree	Neither ag		gree Strongly disagree
d. I am excited a	bout starting seconda					
	orward to making nev					
f. I am nervous a	about moving to a ne	w school	1	23		45
E14. On average how r	nuch time do you sp	end doing hon	nework and/or	study on a norr	mal weekday	during term-time when
schools are open?						
Half an hour	or Half to one hour	1 to 2 hours	2 to 3 hours	3 to 4 hours	[4 or more	Don't do
less	[31 minutes to	[1 to less	[2 to less	[3 to less	hours]	homework
[0 to 30	less than 1	than 2 hours]	than 3 hours]	than 4 hours]		
minutes]	hour]		_			
1	2	3	4	5	6	7
Irish			2			4
Science		1				
subject. [TICK ONE B	OX ON EACH LINE]	nteresting	ОК	_	Not interest	ing or you don't take th
				_		4
					_]3 ¬	
Science		1	2		_J3	4
E18. Some students go within school in	=	ol in some sub	jects. Over the I	ast 12 months	have you rec	eived any extra help
Yes		□₁ No		□₂ → Go	to E20	
E19. What subje	ects did you get extra	help in? [тіск	ALL THAT APPLY]			
		s ₂	Irish	Othor (subject	
English/Readi		S2	111511	3 Others	subject	4
F4. Do you get money	to spend on yourself	from any of t	he following? [T	CK ALL THAT APPL	.Y]	_
f. Regular pocke	t money			. □1		
<u> </u>	or babysitting) in the			_		
	by parents when I ne					
	nal jobs (e.g. babysitt					
j. Have a regula	r part-time job			·5		
F5. About how much n	noney, in total, do y	ou receive wh	en you put all th	ese sources to	gether? €	per

G. Physical activities, Chores, Food and Self-Care

Now some questions about exercise and sport.

G1. Over the past 7 days on how many days were you physically active for a total of at least an hour (60 minutes) per day?

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, school physical education class, playing with friends, or walking to school. Some examples of physical activity are running, brisk walking, cycling, dancing, skateboarding, swimming, soccer and football.

None / zero days	1 day	2 days	3 days	4 days	5 days	6 days	7 days / every day
0		\square_2	3	4	5	<u>6</u>	7

G2. Over the past 7 days on how many days did you take part in <u>light exercise</u> for a total of at least an hour (60 minutes) per day? Light exercise is <u>not</u> hard enough to make you breathe heavily or make your heart beat faster. Examples include slow walking, or slow cycling.

None / zero days	1 day	2 days	3 days	4 days	5 days	6 days	7 days / every day
0		\square_2	3	4	5	<u>6</u>	7

G5 1. Over the last week, how much time did you spend ...

G5_1. Over the last week, now much time did you spend	•••						
	None	Up to one	1 to2	2 to 3 hours	3 to 4 hours	4 to 5 hours	5 hours or
		hour [Less	hours	[2 to less	[3 to less	[4 to less	more
		than 1	[less than	than 3	than 4	than 5	[5 or more
		hour]	2 hours	hours]	hours]	hours]	hours]
a. helping with tasks inside the house, such as							
cleaning, tidying, laundry, preparing meals, taking	\square_1	\square_2	3	 4	5	<u></u> 6	7
care of younger children or sick family members?							
b. helping with tasks outside the house such as							
gardening, taking out the bins, washing the car or			3	□ 4	5	□ ₆	\square_7
helping on a family farm?						_ _	_ _