



PHASE 1

QUESTIONNAIRE

MALE

Physical Activity

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, playing with friends, or walking to school.

Some examples of **physical activity** are running, brisk walking, rollerblading, biking, dancing, skateboarding, swimming, soccer, basketball, football, & surfing.

1a. Over the past 7 days on how many days were you physically active for a total of 60 mins per day (don't include your PE class)? Please tick **ONE box.**

| 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
|--------|-------|--------|--------|--------|--------|--------|--------|
| | | | | | | | |

1b. Over a typical or usual week, on how many days are you physically active for a total of at least 60 mins per day? Please tick **ONE box.**

| 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
|--------|-------|--------|--------|--------|--------|--------|--------|
| | | | | | | | |

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Sitting Activity

2a. Think about a normal school week and write down how long you spend sitting down doing the following activities before and after school each day. If you do more than one of the activities at once (e.g. watching TV and using the internet), please pick the one that you are concentrating on the most.

| Activity | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--------|------|---------|------|-----------|------|----------|------|--------|------|
| | Hours | Mins | Hours | Mins | Hours | Mins | Hours | Mins | Hours | Mins |
| Watching a programme/film on TV/DVD/tablet/laptop | | | | | | | | | | |
| Using the computer for fun (laptop or games console) | | | | | | | | | | |
| Using a mobile phone to play games/search the internet/message friends | | | | | | | | | | |
| Using the computer/laptop for homework | | | | | | | | | | |
| Doing homework not on the computer/laptop | | | | | | | | | | |
| Reading for fun | | | | | | | | | | |
| Travel (car/bus/train) | | | | | | | | | | |
| Doing crafts/hobbies | | | | | | | | | | |
| Sitting around (chatting with friends/on the phone/chilling) | | | | | | | | | | |
| Playing/practising a musical instrument | | | | | | | | | | |

| | | | | | | | | | | |
|----------------------|--|--|--|--|--|--|--|--|--|--|
| Other (please state) | | | | | | | | | | |
|----------------------|--|--|--|--|--|--|--|--|--|--|

2b. Think about a normal weekend and write down how long you spend sitting down doing the following activities. If you do more than one of the activities at once (e.g. watching TV and using the internet), please pick the one that you are concentrating on the most.

| Activity | Saturday | | Sunday | |
|--|----------|------|--------|------|
| | Hours | Mins | Hours | Mins |
| Watching a programme/film on TV/DVD/tablet/laptop | | | | |
| Using the computer for fun (laptop or games console) | | | | |
| Using a mobile phone to play games/search the internet/message friends | | | | |
| Using the computer/laptop for homework | | | | |
| Doing homework not on the computer/laptop | | | | |
| Reading for fun | | | | |
| Travel (car/bus/train) | | | | |
| Doing crafts/hobbies | | | | |
| Sitting around (chatting with friends/on the phone/chilling) | | | | |
| Playing/practising a musical instrument | | | | |
| Other (please state) | | | | |

What I eat

3. How often do you usually have breakfast (more than a glass of milk or fruit juice)? Tick **ONE** box for weekdays and **ONE** box for the weekend.

| Weekdays | | Weekends | |
|--------------------------|------------------------|--------------------------|---|
| <input type="checkbox"/> | I never have breakfast | <input type="checkbox"/> | I never have breakfast |
| <input type="checkbox"/> | One day | <input type="checkbox"/> | I usually have breakfast on only ONE day of the weekend |
| <input type="checkbox"/> | Two days | <input type="checkbox"/> | I usually have breakfast on BOTH weekend days |
| <input type="checkbox"/> | Three days | <input type="checkbox"/> | |
| <input type="checkbox"/> | Four days | <input type="checkbox"/> | |
| <input type="checkbox"/> | Five days | <input type="checkbox"/> | |

- 4a. During the past week, how often did you eat sweet or savoury snacks (e.g. crisps, chocolates, pasties, cakes, sweets, samosas) between main meals? (Please tick **ONE** box)

| 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |

- 4b. During the past week, how many snacks did you typically eat each day? (Please tick **ONE** box)

| None | 1 | 2 | 3 | 4 | 5 or more |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |

- 5a. How many servings of vegetables do you usually eat EACH day? Please tick just **ONE** box.

| I don't eat vegetables | 1 | 2-3 | 4-5 | 6 or more |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |

5b. How many servings of fruit do you usually eat EACH day? Please tick just ONE box.

| I don't eat fruit | 1 | 2-3 | 4-5 | 6 or more |
|-------------------|---|-----|-----|-----------|
| | | | | |

6. How many times a week do you usually drink sugary drinks (e.g. fizzy drinks/pop (not including low-fat or diet versions), fruit juices, sports drinks, flavoured water (e.g. Ribena, Oasis)? Please tick just ONE box.

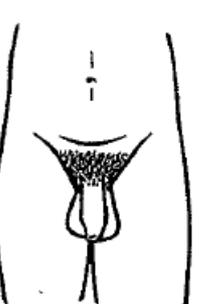
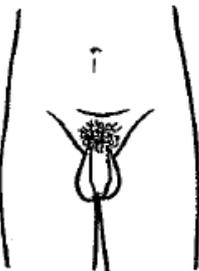
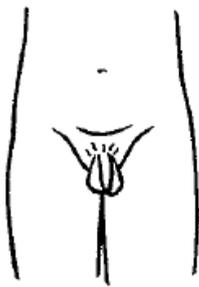
| Never | Less than once a week | Once a week | 2-4 days a week | 5-6 days a week | Every day, once a day | Every day, more than once |
|-------|-----------------------|-------------|-----------------|-----------------|-----------------------|---------------------------|
| | | | | | | |

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My Body

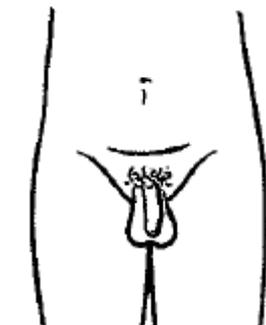
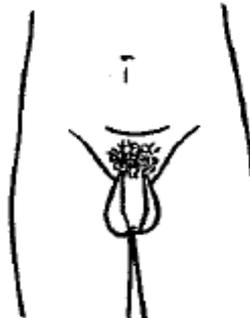
7a. Stages of Genital Development in Boys

Please indicate by checking the box which picture best describes you.



7b. Stages of Pubic Hair Development in Boys

Please indicate by checking the box which picture best describes you.



Thank you for completing this questionnaire

