

Annex 12

Physical activity recall for school age children

24 hour activity recall

Let the child narrate the list of activities done by the child usually in one day (from the time of getting up in the morning till getting up in the morning the day after. All activities including sleeping, studying and playing should be included the list. If it is a sport, the type of the sport needs to be specified. The day under recall should be a usual weekday in which the child attended school. It should not be a weekend or any other special day such as a day in which the child attended a party, went on a trip, attended a sports meet etc.

For each of the activities mentioned, the starting time and the ending time should be noted down along with the type of the activity in order to calculate the duration of the activity.

Eg:

Starting time of the activity	Type of the activity (Specify)	Ending time of the activity	Duration of the activity

Evaluation of the 24 hour activity recall

<i>Non sedentary Activities</i>	
• Running • Cycling/Fast cycling • Swimming/Fast swimming • Walking/Fast Walking • Competitive sports and team sports (Football, Netball, Basketball, Hockey, Badminton, etc.)	• Dancing • Tilling the floor • Household work • Yoga • Aerobic exercise • Carrying weights around • Gardening
<i>Sedentary Activities</i>	
• Studying • Reading books • Games that are played seated in one place (Chess, 'pancha', Carom, Monopoly, Computer games etc.) • Watching television • Travelling in vehicles	

Considered as high risk for developing non communicable diseases;

- If involved in **sedentary activities more than 4 hours** per day.
- If involved in **non-sedentary activities less than 1 hour** per day.