

# Questionnaires

What is wrong with this question?

How many hours do you spend exercising?

1-2 hours

2-3 hours

4+ hours

- There is no timescale
- There are gaps (no zero option, nothing for between 3 and 4 hours)
- Someone who does 2 hours exercise could tick two boxes

this would be better...

How many hours do you spend exercising a week?

none

more than 0  
up to 1 hour

more than 1  
up to 2 hours

more than 2  
hours