

Bone-Specific Physical Activity Questionnaire (BPAQ)

SUBJECT ID:	DATE:
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1. Please list any sports or other physical activities you have participated in regularly. Please tick the boxes to indicate how old you were for each sport/activity and how many years you participated for.

Activities	Age:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Activities	Age:	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

Activities	Age:	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90

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2. Please list the sports or other physical activities (be as specific as possible) you participated in regularly during the last 12 months and indicate the average frequency (sessions per week).

Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____
Activity: _____	Frequency (per week): _____