Active Mobility Index (AMI)

by foc	ot)?					hood, i.e., requiring <20 minute	
(1)	Yes	(2	No ➡ Go to qu	estion b-1			
a-2.	How often per week d	lid you ge	et to a distance of u	ıp to 1 km from your	resider	ace?	
(1)	< Once	(2) 1	–3 days	(3) 4–6 days		(4) Every day	
a-3.	Which item correspon	ds best to	the main purpose	for getting to a dista	nce of u	up to 1 km from your residence	
(1)	Mainly for physical ac (such as walking or ex	•		or daily chores and nents (shopping or people)	(3) Both 1 and 2 equally		
a-4.	What was your main n	neans of t	ransportation whe	n getting to a distanc	e of up	to 1 km from your residence?	
(1)	Walking/bicycle		(2) Bus/train		(3)	Car/other	
a-5.	How many people did	l you inte	ract with when get	tting to a distance up	to 1 kn	n from your residence?	
-	action refers to exchang aintances, or strangers)	•	versation, with oth	ners regardless of wh	ether th	ey are family,	
(1)	0	(2) 1	-2	(3) 3-4		((4)) ≥5	
a-6.	How much physical ac residence? (exercise, v		-	n getting to a distance	e of up	to 1 km from your	
$(\hat{1})$	Almost none	(2) V	ery little	(3) Some		(4) A lot	

Active Mobility Index (AMI)

b-1.	Did you get to a distan	ce of 1-10	<u>0 km</u> fi	om your res	idence	(places some	ewhat far	from your neighborhood, i.e.	
requir	$ing \ll 20 \text{ minutes by } c$	ar)?							
(1)	Yes	(2)	No •	→ Go to ques	stion C-	1			
b-2.	How often per week d	id you get	t to a d	istance of 1–	10 km	from your re	esidence?		
(1)	< Once	(2) 1-	-3 days		(3)	4–6 days		(4) Every day	
b-3.	Which item correspon	ds best to	the ma	in purpose fo	or getti	ng to a distaı	nce of 1–	10 km from your residence?	
(<u>1</u>)	Mainly for physical ac (such as walking or ex	(2)	Mainly for daily chores and appointments (shopping or meeting people)			(3) B	Both 1 and 2 equally		
b-4.	What was your main n	neans of tr	anspor	tation when	getting	to a distance	e of 1–10	km from your residence?	
(1)	Walking/bicycle		(2)	Bus/train			(<u>3</u>) C	ar/other	
b-5.	How many people did	l you inter	act wit	h when getti	ng to a	distance of	1–10 km	from your residence?	
(Intera	_	es of conv	versatio	on, with othe	rs rega	rdless of who	ether they	are family, acquaintances, or	
(1)	0	(2) 1-	-2		(3)	3–4		(4) ≥5	
	How much physical actise, walking, or work)	tivity did	you pe	rform when	getting	to a distance	e of 1–10	km from your residence?	
(1)	Almost none	(2) V	ery littl	e	(3)	Some		(4) A lot	

Active Mobility Index (AMI)

C-1 . Did you get to a d ≥20 minutes by car)?	istance of ≥ 10 kn	from your r	residence (places far	from yo	our neighborhoo	d, i.e., requirin	
(1) Yes	(<u>2</u>) No						
c-2. How often per wee	ek did you get to a	distance of≥	10 km away from y	our resi	dence?		
(1) < Once	(2) 1–3 day	'S	(3) 4–6 days		(4) Every	day	
c-3 . Which item correspresidence?	ponds best to the m	ain purpose	for getting to a dista	nce of ≥	≥10 km away fro	om your	
Mainly for physica (such as walking or	· · · · · · · · · · · · · · · · · · ·	Mainly for daily chores and appointments (shopping or meeting people)			Both 1 and 2 equally		
c-4 . What was your mai	n means of transpo	ortation wher	getting to a distanc	e of ≥10) km away from	your residence	
(1) Walking/bicycle	(2)	Bus/train		(3)	Car/other		
C-5 . How many people (Interaction refers to excacquaintances, or strang	hanges of convers	Ü	e		•		
(1) 0	(2) 1-2		(3) 3-4		((4)) ≥5		
C-6 . How much physica (exercise, walking.		erform wher	n getting to a distanc	e of ≥ 1	0 km from your	residence?	
(1) Almost none	(2) Very lit	tle	(3) Some		(4) A lot		
			•		•		