

Interview guide

Aim: to delve into PA among less-advantaged individuals in a low-to-middle-income country by exploring Bangladeshi manual workers' descriptions and perceptions of PA practices in their everyday lives.

Main Interview topics

Physical activity practices through

- Everyday routines
- Working hours and activities
- Leisure activities

Specific questions and prompts:

- Can you please tell me about you and your family and about the place where you are living?
- Can you explain/tell me about your morning routine from the time you wake up?
 - o What time do you usually wake up and what do you do after waking up?
 - o Duration of your morning chores or the chores you do when you are at home before leaving for your work
 - o When do you usually leave for work?
- What kind of transportation do you use to go to work?
 - o What is the reason for choosing that kind of transport?
 - o How long does it take to get to your workplace?
 - o How does it feel after arriving at workplace?
- Can you explain/ tell me about your work?
 - o Type, working hours (night job?), breaks, physical strain, repetitive or various tasks and your feelings while working
- What kind of transportation do you use to go back to your home?
 - o Why do you choose that kind of transport
- How do you feel after coming home?
- What is your usual routine after coming home from your workplace?
 - o housework, car maintenance, gardening, childcare etc.
- When do you usually go to bed?
 - o How many hours of sleep do you get?
- Could you tell me if you have any days off/holidays, and how you spend them?
- What are your preferences or activities during leisure time?
 - o Type, duration, intensity, alone or with someone. Motivation for the activities?
- Could you share your personal experiences about leisure time physical activity/exercise?
 - o Anything holding you back from doing leisure time activities? Barriers?
 - o The rest of your family – what are their routines when they have a day off?
 - o Physical activity/exercise/sedentary time and resting time
- What is physical activity to you; how would you explain what PA means to you?
 - o Is it important? Anything you have thought about at all?
- Could you describe how you feel about the necessity of being physically active in leisure time versus resting.
 - o How often do you have sedentary time and tell me about your sedentary time.