

The following questions on weight, nutrition, and exercise are to help us understand whether COVID may be impacting our health in these areas and how significant these effects are. These questions are all optional. Since March when COVID became prevalent:

**Q (select one):** How has your weight changed?

1. Increased
2. Decreased
3. Stayed the same
4. Prefer not to say

*If "Increased" or "Decreased" show:*

**Q (text entry):** By how much (an estimate is fine)?

**Q (select one):** How has your diet changed in your opinion?

1. It has become healthier
2. It has become more unhealthy
3. It has stayed the same
4. Prefer not to say

**Q (select one):** How has your snacking changed?

1. I am snacking more
2. I am snacking less
3. My snacking levels are the same
4. Prefer not to say

**Q (select one):** How has your alcohol consumption changed?

1. I am drinking more alcohol
2. I am drinking less alcohol
3. I don't drink alcohol
4. My alcohol consumption is the same
5. Prefer not to say

**Q (select one):** Have your physical activity levels changed?

1. Yes, increased
2. Yes, decreased
3. No change, has remained the same
4. Prefer not to say