

We have some questions about your physical activity before and after COVID-19 restrictions.

How often have you:

In a TYPICAL MONTH BEFORE COVID

During the LAST MONTH

Very often	Fairly often	Sometimes	Almost never	Never		Very often	Fairly often	Sometimes	Almost never	Never
1	2	3	4	5	Engaged in recreational physical activity	1	2	3	4	5
1	2	3	4	5	Engaged in work physical activity	1	2	3	4	5
1	2	3	4	5	Engaged in active transportation	1	2	3	4	5
1	2	3	4	5	Used public transportation	1	2	3	4	5
1	2	3	4	5	Engaged in household physical activity	1	2	3	4	5
1	2	3	4	5	Spent time sitting	1	2	3	4	5
1	2	3	4	5	Spent time riding a bicycle	1	2	3	4	5
1	2	3	4	5	Spent time walking in neighborhood	1	2	3	4	5
1	2	3	4	5	Spent time walking on trails	1	2	3	4	5
1	2	3	4	5	Spent time walking in parks	1	2	3	4	5

Please describe how your physical activity has changed.

Please tell us about the physical activity resources you have used BEFORE and DURING the COVID-19 pandemic, over a one-month period.

	In a typical month BEFORE COVID-19				During the LAST MONTH			
	Frequently	Sometimes	Rarely	Never	Frequently	Sometimes	Rarely	Never
Parks/Trails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Botanical gardens								
Recreational sports/intramurals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neighborhood (sidewalks, parks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home-based activity (workouts, housework, yard work, gardening, playing outside)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fitness facilities (gyms, clubs, studios)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time outdoors with animals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please tell us how much time per week you spent being physically active in each of these settings BEFORE and DURING COVID-19.

	Typical week BEFORE COVID-19	Last week
	<i>Minutes per week</i>	<i>Minutes per week</i>
Parks/trails		
Botanical gardens		
Recreational sports/intramurals		
Neighborhoods (sidewalks, parks)		
Home-based activity (workouts, yard work, gardening, playing outside)		
Fitness facilities (gyms, clubs, studios)		
Time outdoors with animals		

Please indicate the extent to which you agree or disagree with the following statements about resources in the last week.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Parks are within walking distance of my house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use parks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use playgrounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use sports courts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trails are within walking distance of my house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use trails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use sidewalks/shared spaces in my neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can access/use a fitness facility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To what degree has the value you place on nature, parks or other green space near where you live ('nearby nature') shifted as a result of the COVID-19 pandemic?

Value Much Less <input type="radio"/>	Value Less <input type="radio"/>	No Change <input type="radio"/>	Value More <input type="radio"/>	Value Much More <input type="radio"/>	No Opinion <input type="radio"/>
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Please tell us about the nearby nature you have used BEFORE and DURING the COVID-19 pandemic, over a one-month period.

	In a typical month BEFORE COVID-19				During the LAST MONTH			
	Frequently	Sometimes	Rarely	Never	Frequently	Sometimes	Rarely	Never
Watched birds through a window	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listened to birdsong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smelled rain or plants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looked at greenery and plants through a window	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spent time in my backyard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*p.1-3 of Coping with COVID through nature: Evidence from breast cancer patients and the output from the intake form