

The COVID-19 pandemic has resulted in many people spending more time at home than they used to. Our next questions ask about your physical activity and other health behaviors during the past month.

1. On average during the past month, how often have you participated in vigorous physical activity or exercise? By vigorous physical activity, we mean 30 minutes or more of things like walks, sports, exercise classes, heavy housework, or a job that involves physical labor.

- 1  Never
- 2  Less than 1 time per month
- 3  1-3 times per month
- 4  1-2 times per week
- 5  3 or 4 times per week
- 6  5 or more times per week

2. Is this more or less than before the start of the COVID-19 pandemic?

- 1  More
- 2  Less
- 3  About the same

3. During the past month, on average, how many days per week have you had any alcohol to drink? For example, beer, wine, or any drink containing liquor.

- 0  0 (none or less than 1 day per week) → Go to Question 5
- 1  1
- 2  2
- 3  3
- 4  4
- 5  5
- 6  6
- 7  7 (every day)

4. In the past month, on the days you drink, about how many drinks do you have?

5. Are you currently drinking more or less alcohol than before the start of the COVID-19 pandemic?

- 1  More
- 2  Less
- 3  About the same
- 4  Not applicable – I was not drinking any alcohol before the pandemic and I am not drinking any now

**6. During the past month, on average, how many cigarettes, cigars, pipes, or electronic cigarettes do you usually smoke per day?**

*Note: One pack = 20 cigarettes.*

**Do NOT include snuff, chewing tobacco, or any other forms of tobacco.**

**If you do not smoke at all, please indicate 0 here.**

**7. Is this more or less than before the start of the COVID-19 pandemic?**

- More
- Less
- About the same
- Not applicable – I was not smoking these items before the start of the pandemic and I am not smoking them now

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**The next questions ask about your sleep.**

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**8. During the last month, how often have you felt really rested when you wake up in the morning?**

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Most of the time

**9. Is this more or less rested than before the start of the COVID-19 pandemic?**

- 1 More
- 2 Less
- 3 About the same

**10. Has the COVID-19 pandemic led to any positive changes in your life?**

- 1 Yes
- 2 No → If No, Go to Back Cover

**11. Can you give me an example of a positive change?**

