After asking demographic information the following item modules are assessed:

## Impacts of COVID-19 on Changes to Physical Activity and Sedentary Behaviors

Please answer the following questions as they relate to your daily life before the COVID-19 outbreak in your country/region.

1. Were you a member of a gym, fitness center, or exercise studio?
a. No
b. Yes

- [If Yes to question above] how many times per week did you attend?
- 0
- 1-2
- 3-4
- $\geq 5$

2. How many minutes per day on weekdays did you spend physically active (i.e., walking, jogging, swimming, gardening, house-chores)?
a. 0-30
b. $30-60$
c. 60-90
d. 90-120
e. $>120$
3. How many minutes per day on the weekend did you spend physically active (i.e., walking, jogging, swimming, gardening, household chores)?
a. 0-30
b. $30-60$
c. $60-90$
d. $90-120$
e. $>120$
4. How many hours per day on weekdays did you watch television, use the computer for nonwork, utilize your phone for entertainment, play video games?
a. 0-1
b. 1-2
c. 2-4
d. $>5$
5. How many hours per day on the weekend did you watch television, use the computer for nonwork, utilize your phone for entertainment, play video games?
a. 0-1
b. 1-2
c. 2-4
d. $>5$

Before the COVID-19 outbreak in your country, what was your average time spent per week at each of the following recreational activities?

|  | Zer <br> 0 <br> min | $1-4$ <br> min | $5-19$ <br> min | $20-$ <br> 59 <br> min | $1-1.5$ <br> hrs | $2-3$ <br> hrs | $4-6$ <br> hrs | $7-10$ <br> hrs |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Walking for exercise or walking to work |  |  |  |  |  | $11+$ <br> hrs |  |  |  |
| Jogging (slower than 10 minutes/ mile) |  |  |  |  |  |  |  |  |  |
| Running (10 minutes/ mile or faster) |  |  |  |  |  |  |  |  |  |
| Bicycling (including stationary machine) |  |  |  |  |  |  |  |  |  |
| Lap swimming |  |  |  |  |  |  |  |  |  |
| Other aerobic exercise (elliptical machine, <br> dance, aerobics, kayaking, etc.) |  |  |  |  |  |  |  |  |  |
| Lower intensity exercise (yoga, stretching, <br> toning) |  |  |  |  |  |  |  |  |  |
| Other household activities (e.g., gardening, <br> lawn mowing, vacuuming, doing laundry) |  |  |  |  |  |  |  |  |  |
| Weight training or resistance exercise using <br> weights (Include free weights, bands, or <br> machines) |  |  |  |  |  |  |  |  |  |
| Playing sports (e.g., basketball, soccer, <br> volleyball) |  |  |  |  |  |  |  |  |  |
| Workout/exercise videos (e.g., videos, live <br> workouts on social media, YouTube) |  |  |  |  |  |  |  |  |  |
| Exergaming (e.g., Xbox fitness, Kinect training, <br> Wii fit) |  |  |  |  |  |  |  |  |  |

Now, please answer the following questions as they relate to your daily life after the COVID-19 outbreak in your country/region.

1. How many minutes per day on weekdays did you spend physically active (i.e., walking, jogging, swimming, gardening, house-chores)?
a. 0-30
b. $30-60$
c. $60-90$
d. $90-120$
e. $>120$
2. How many minutes per day on the weekend did you spend physically active (i.e., walking, jogging, swimming, gardening, household chores)?
a. 0-30
b. $30-60$
c. $60-90$
d. $90-120$
e. $>120$
3. How many hours per day on weekdays did you watch television, use the computer for nonwork, utilize your phone for entertainment, play video games?
a. 0-1
b. 1-2
c. 2-4
d. $>5$
4. How many hours per day on the weekend did you watch television, use the computer for nonwork, utilize your phone for entertainment, play video games?
a. 0-1
b. 1-2
c. 2-4
d. $>5$
5. Did you purchase equipment to keep you and/or your family active during this time? (i.e., bicycles, roller blades, swing sets, home gym equipment, sneakers)
a. Yes
b. No
6. If you wear a wearable fitness tracker (e.g., Apple Watch, Fitbit, Garmin), have you noticed that your physical activity has changed compared to before the COVID-19 outbreak?
a. I noticed that my activity increased
b. I noticed that my activity decreased
c. My activity levels stayed the same
d. I have not noticed
e. I do not use a wearable fitness tracker

After the COVID-19 outbreak in your country, what is your average time spent per week at each of the following recreational activities?

|  | Zer <br> o <br> min | $1-4$ <br> min | $5-19$ <br> min | $20-$ <br> 59 <br> min | $1-1.5$ <br> hrs | $2-3$ <br> hrs | $4-6$ <br> hrs | $7-10$ <br> hrs | $11+$ <br> hrs |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Walking for exercise or walking to work |  |  |  |  |  |  |  |  |  |
| Jogging (slower than 10 minutes/ mile) |  |  |  |  |  |  |  |  |  |
| Running (10 minutes/ mile or faster) |  |  |  |  |  |  |  |  |  |
| Bicycling (including stationary machine) |  |  |  |  |  |  |  |  |  |
| Lap swimming |  |  |  |  |  |  |  |  |  |
| Other aerobic exercise (elliptical machine, <br> dance, aerobics, kayaking, etc.) |  |  |  |  |  |  |  |  |  |
| Lower intensity exercise (yoga, stretching, <br> toning) |  |  |  |  |  |  |  |  |  |
| Other household activities (e.g., gardening, <br> lawn mowing, vacuuming, doing laundry) |  |  |  |  |  |  |  |  |  |
| Weight training or resistance exercise using <br> weights (Include free weights, bands, or <br> machines) |  |  |  |  |  |  |  |  |  |
| Playing sports (e.g., basketball, soccer, <br> volleyball) |  |  |  |  |  |  |  |  |  |
| Workout/exercise videos (e.g., videos, live <br> workouts on social media, YouTube) |  |  |  |  |  |  |  |  |  |
| Exergaming (e.g., Xbox fitness, Kinect training, <br> Wii fit) |  |  |  |  |  |  |  |  |  |

