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
        • >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 non-work, 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 non-work, 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?

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

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 non-work, utilize your phone for entertainment, play video games?
   a. 0-1
   b. 1-2
   c. 2-4
4. How many hours per day on the weekend did you watch television, use the computer for non-work, 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?

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