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 <u>before the COVID-19 outbreak in</u> 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
      - <u>></u>5
- 2. How many **minutes** per day <u>on weekdays</u> 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 <u>on the weekend</u> 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 <u>on weekdays</u> 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 <u>on the weekend</u> 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	countr	y, wh	at was	your	average	e time	e spent	t per w	eek
at each of the following recreational ac	tivities	;?							
	Zer	1-4	5-19	20-	1-1.5	2-3	4-6	7-10	11+
	0	min	min	59	hrs	hrs	hrs	hrs	hrs
	min			min					
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,									
dance, aerobics, kayaking, etc.)									
Lower intensity exercise (yoga, stretching,									
toning)									
Other household activities (e.g., gardening,									
lawn mowing, vacuuming, doing laundry)									
Weight training or resistance exercise using									
weights (Include free weights, bands, or									
machines)									
Playing sports (e.g., basketball, soccer,									
volleyball)									
Workout/exercise videos (e.g., videos, live									
workouts on social media, YouTube)									
Exergaming (e.g., Xbox fitness, Kinect training,									
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 <u>on the weekend</u> 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 <u>increased</u>
  - 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	1-4	5-19	20-	1-1.5	2-3	4-6	7-10	11+
	0	min	min	59	hrs	hrs	hrs	hrs	hrs
	min			min					
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,									
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Wii fit)									