

**Please think about your activities in the past week.**

During the past week, on how many days did you walk for at least 10 minutes at a time?

- No walking of at least 10 minutes  
 1 Days  
 2 Days  
 3 Days  
 4 Days  
 5 Days  
 6 Days  
 7 Days  
 Don't know

How much time did you usually spend on one of those days walking?

- 0  
 1  
 2  
 3  
 4  
 5  
 6  
 7  
 8  
 9  
 10  
 11  
 12  
 13  
 14  
 15  
 16  
 17  
 18  
 19  
 20  
 21  
 22  
 23  
 (Hours)

- 0    10    20    30  
 40    Don't know  
 (Minutes)

During the past week, on how many days did you do moderate or vigorous physical activities like heavy lifting, running, aerobics, or bicycling? (Moderate or vigorous physical activities refer to activities that take moderate to hard physical effort and make you breathe harder than normal)

- No moderate or vigorous physical activities  
 1 Days  
 2 Days  
 3 Days  
 4 Days  
 5 Days  
 6 Days  
 7 Days  
 Don't know

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How much time did you usually spend doing moderate or vigorous physical activities on one of those days?

- 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14
  - 15
  - 16
  - 17
  - 18
  - 19
  - 20
  - 21
  - 22
  - 23
- (Hours)

- 
- 0    10    20    30
  - 40    Don't know
- (Minutes)

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During the past week, how much time did you usually spend sitting on a day? (This may include time spent sitting at a desk, reading, or sitting or lying down to watch television or play video-games)

- 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14
  - 15
  - 16
  - 17
  - 18
  - 19
  - 20
  - 21
  - 22
  - 23
  - Don't know
- (Hours)

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How much privacy did you have while you were completing this questionnaire today?

- Completely private; no one in my house saw my answers
- A parent or family member could see a few of my answers
- A parent or family member could see several of my answers
- A parent or family member could see most of my answers
- A parent or other family member could see all of my answers

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And finally, in the past week, to cope, have you done any of the following? (check all that apply)

- Took breaks from watching, reading, or listening to news stories, including social media
- Participated in a neighborhood social distance activity (such decorated windows or driveway, singing from balcony or porch)
- Took care of your body, such as taking deep breaths, stretching, or meditating
- Exercised (such as walking, running, or an online exercise class)
- Spent more time on hobbies, or started a new one
- Engaged in healthy behaviors, like trying to eat healthy, getting plenty of sleep
- Made time to relax
- Connected with others online or by phone