

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

<i>Before the COVID-19 outbreak</i> in your country, what was your average time spent <i>per week</i> at each of the following recreational activities?									
	Zer o min	1-4 min	5-19 min	20- 59 min	1-1.5 hrs	2-3 hrs	4-6 hrs	7-10 hrs	11+ 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, 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 non-work, utilize your phone for entertainment, play video games?
 - a. 0-1
 - b. 1-2
 - c. 2-4

