

# Other Activities

70%

We are interested in the time you spent sleeping, and doing activities while you were sitting or reclining in a normal week, 4 weeks BEFORE the COVID-19 outbreak. We are also interested if this time has increased, stayed the same or decreased AFTER the COVID-19 outbreak. Please think about the time you spend on each activity at home, in the community, at work, when volunteering, or at school. There are no "right" or "wrong" responses, so please answer each question as honestly and accurately as you can.

The response options for the amount of time spent is not the same for each question. Please read each question carefully.

Over a normal week, 4 weeks BEFORE the COVID-19 outbreak, about how much time per day on average did you spend sleeping?

- 3 hrs or less
- 4 hrs
- 5 hrs
- 6 hrs
- 7 hrs
- 8 hrs
- 9 hrs
- 10 hrs
- 11 hrs
- 12 or more hrs

Over a normal week, AFTER the COVID-19 outbreak, about how many hours per day on average did you spend sleeping?

- 3 hrs or less
- 4 hrs
- 5 hrs
- 6 hrs
- 7 hrs
- 8 hrs
- 9 hrs
- 10 hrs
- 11 hrs
- 12 or more hrs

Over a normal week, 4 weeks BEFORE the COVID-19 outbreak, about how much time per day on average...

Did you spend taking a nap?

- Did not do
- 1 to 30 min/day
- 31 to 59 min/day
- 1 hr/day
- 2 hrs/day
- 3 hrs/day or more

How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and watching TV or movies on a TV, computer, or on any other electronic device?

- Did not do
- 1 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 to 4 hrs/day
- 5 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and talking in-person with friends and family?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and talking, texting, or emailing on the phone or Facetime/Skype with friends and family?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and reading for pleasure (e.g., books, newspaper, magazines)?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting quietly, relaxing?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and doing hobbies (e.g., sewing, knitting, arts and crafts, playing a musical instrument)?

- Did not do
- 1 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 to 4 hrs/day
- 5 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting while caring for children or elders?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and playing board games, cards, or other non-video games?

- Did not do
- 1 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day
- 4 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend sitting and using a computer at home, work or volunteering (e.g., email, shopping, reading blogs, socializing)?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot

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Did you spend going to and from places while driving or riding in a car, truck or other motorized personal vehicle (work, school, errands, go to appointments, or on other trips)?

- Did not do
- 1 to 15 min/day
- 16 to 30 min/day
- 31 to 59 min/day
- 1 to 2 hrs/day
- 3 hrs/day or more

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How has this changed since AFTER the COVID-19 outbreak?

- Decreased a lot
- Decreased a little
- stayed the same
- Increased a little
- Increased a lot