

Supplementary Digital Content 2: Assessment of Physical Activity and Sedentary Behaviors

The first set of questions asks about your usual level of activity.

1. During the past 12 months, approximately how much time per week did you participate in each of the following activities? (FOR EACH ACTIVITY MARK ONLY ONE RESPONSE.)

[illegible]

2. In a typical 24-hour period during the past 12 months, how many hours per day did you spend: (MARK ONLY ONE RESPONSE PER ACTIVITY.)	AVERAGE NUMBER OF HOURS PER DAY							
	None	Less than 3 hours	3 to 4 hours	5 to 6 hours	7 to 8 hours	9 to 10 hours	11 to 12 hours	More than 12 hours
Sitting watching television, video, or DVD?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting or driving in a car, bus, or train?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other sitting (reading, knitting, using a computer)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleeping at night or napping during the day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Description of the Activity Type Classifications

Exercise activities include the following: walking for exercise, jogging or running, racquet sports, playing golf, swimming laps, bicycling or stationary bike, other aerobic exercise, and weight training or lifting.

Nonexercise activities include the following: light household chores, moderate-to-vigorous indoor household chores, moderate outdoor chores, vigorous outdoor chores, home repairs, caring for children, caring for adults, and walking for daily activities.

Household chores include the following: light household chores, moderate-to-vigorous indoor household chores, home repairs, caring for children, and caring for adults.

Lawn and garden activities include the following: moderate outdoor chores and vigorous outdoor chores.

Daily walking (nonexercise) includes walking for daily activities.

Light activities include the following: light household chores and walking for daily activities.

Moderate-to-vigorous activities include the following: walking for exercise, jogging or running, racquet sports, playing golf, swimming laps, bicycling or stationary bike, other aerobic exercise, weight training or lifting, moderate-to-vigorous indoor household chores, moderate outdoor chores, vigorous outdoor chores, home repairs, caring for children, and caring for adults."