

Supplemental Table 1: Questions from the SOL Youth physical activity and sedentary behavior questionnaire

	Q#
<u>Report for each one as times per month or times per week</u>	
Riding in a car/bus	1
Travel by walking	2
Travel by bicycle	3
Physical education class	4
Recess / exercise period	5
Homework	6
Music lessons	7
Marching band	8
Church	9
Reading for fun	10
Listening to music	11
Music practice / playing instrument	12
Playing board games	13
Shopping	14
Hanging around with friends	15
Ball playing like dodge ball, kickball	16
Frisbee	17
Hula hoop	18
Lawn games (croquet, jarts)	19
Playing catch	20
Playing with younger children	21
Playing with pets	22
Riding a scooter / caster board / Razor	23
Water play (swimming pool, ocean, lake)	24
Aerobics, jazzercise, water aerobics, taeko	25
Badminton	26
Baseball / softball	27
Basketball	28
Bicycling, mountain bicycling	29
Bowling	30
Broomball	31
Calisthenics / exercises (push-ups, sit-ups, jumping jacks)	32
Cheerleading, drill team	33
Dance (at home, at a class, in school, at a party, at a place of worship)	34
Exercise machine (cycle, treadmill, stair master, rowing machine)	35
Football	36
Golf	37
Gymnastics, tumbling	38
Hiking / backpacking	39

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Hockey (ice, field, street, or floor)	40
Horseback riding	41
Ice / roller skating, rollerblading	42
Jumping rope	43
Lacrosse	44
Martial arts (karate, judo, boxing, tai kwon do, tai chi)	45
Riding bicycling	46
Running / jogging	47
Skateboarding	48
Skiing (downhill, cross-country, or water) / snowboarding	49
Sledding, tobogganing, bobsledding	50
Snorkeling	51
Snowshoeing	52
Soccer	53
Surfing (body or board) / skimboarding	54
Swimming laps	55
Tennis, racquetball, badminton, paddle ball	56
Track and field	57
Trampoline	58
Video games (active games - Wii Fit, Xbox Kinect, Playstation Move)	59
Volleyball	60
Walking for exercise	61
Weight lifting / strength training	62
Wrestling	63
Yoga	64
Other	65
Indoor chores: mopping, vacuuming, sweeping	66
Outdoor chores: mowing, raking, gardening	67
Child care	68
<u>Screen-time behaviors reported in hours/minutes:</u>	
Television or video watching	69
Computer / internet	70
Video / computer games (non-active)	71
Talking on phone or text messaging	72

The full questionnaire is available at <https://biolincc.nhlbi.nih.gov/studies/hchssol/>.