Supplemental Digital Content 1. Physical Behavior Questionnaire and Scoring





**MET Values Applies to Each Activity, Sedentary Behavior, and Sleep Time.**

**Activities MET (Compendium Code, 2001)**

Light household chores 2.5 (05040)

Moderate-to-vigorous indoor household chores 3.5 (05026)

Moderate outdoor chores 4.0 (06127)

Vigorous outdoor chores 6.0 (08262)

Home repairs 4.5 (08261)

Caring for children 3.0 (05186)

Caring for adults. 4.0 (05200)

Walking for exercise, 4.3 (17200)

Walking for daily activities. 2.9 (avg METs for codes 17161, 17270, 05060)

Jogging or running 7.0 (12020)

Tennis, squash, racquetball 7.3 (15675)

Playing golf 4.8 (15255)

Swimming laps 8.3 (18290)

Bicycling or stationary bike 7.5 (01015)

Other aerobic exercise 7.3 (03015)

Weight training or lifting. 3.5 (02054)

**Sedentary Behaviors**

Sitting watching television 1.3 (07020)

Sitting or driving in a car, bus, or train 1.3 (16015)

Other sitting 1.3 (09030)

**Sleep**

Sleeping at night or napping during the day 1.0 (07030