

Participant number: _____

Age: _____

Sex: _____

How often do you do cardio?

- ☐ Rarely or never (less than once a month)
- ☐ Occasionally (1–2 times per month)
- ☐ Moderately often (3–4 times per month)
- ☐ Often (1–2 times per week)
- ☐ Very often (3 or more times per week)

When you do cardio exercise, which of the following do you typically do at the same time? (Select all that apply)

- ☐ Listen to music or podcasts
- ☐ Watch TV shows or movies
- ☐ Watch short-form content (e.g., YouTube, TikTok, Instagram Reels)
- ☐ I don't do anything else while exercising
- ☐ Other (please specify): _____

Have you tried Augmented/ Virtual reality before? (Y/N): _____

In this study, I want to watch (Pick one only):

- ☐ Brooklyn Nine-Nine
- ☐ Family Guy
- ☐ One Punch Man
- ☐ Parks and Recreation