**Survey questionnaire**

1. What state do you live in?
2. What is your zip code?
3. What is your gender?

* Male
* Female
* Other
* Prefer not to answer

1. How old are you?
2. How many people live in your household (including you)?
3. How many individuals in your household are younger than 18 years old?
4. How many automobiles does your household own?
5. What is your marital status?

* Single
* Married
* Divorced/separated
* Prefer not to answer

1. What is your latest degree earned?

* High school diploma or GED
* Some college degree
* Graduate degree

1. Do you live in a:

* Single-family house
* Multi-family house
* Apartment
* Condo/townhouse
* Other

1. What is your employment status?

* Employed full-time
* Employed part-time
* Retired
* Unemployed

1. If employed, what option best describes your usual commute pattern before the lockdown?

* Commuted every day
* Tele-worked every day
* Partial commute/telework

1. How did your commute to work change after the lockdown?

* Did not change/still commute
* Did not change/still tele-work
* Switched to partial commute to work/tele-work
* Switched to work from home without change in the workload
* Switched to work from home with reduced workload
* Switched to work from home with increased workload
* Stayed at home and not able to work

1. What was your main mode of transportation for commuting before the lockdown? If you used multiple modes, please select the one you use more often.

* Auto/driving
* Auto/passenger
* Public transit
* Walk
* Bike/bikeshare
* Ridesharing (including Uber and Lift)
* Tele-work
* Other

1. If your commute to work is unchanged, have you changed your commute mode of transportation?

* Yes
* No
* N/A

1. If you answered yes to the previous question, please specify your new mode of transportation:

* Auto/driving
* Auto/passenger
* Public transit
* Walk
* Bike/bikeshare
* Ridesharing (including Uber and Lift)
* Other
* N/A

1. How long (minutes) was your commute before the lockdown?
2. How many minutes a day were you physically active before the lockdown?

* None
* 0-15 minutes a day
* 15-30 minutes a day
* 30-60 minutes a day
* 60+ minutes a day

1. How many times a week did you use to exercise inside or outside your home (i.e., in a gym, sport club or in your neighborhood/recreational trail) before the lockdown?

* 1-2 times a week
* 3-4 times a week
* 5+ times a week
* None

1. How many times a week do you leave your house for a walk/run in the neighborhood or a close-by trail during the lockdown?

* 1-2 times a week
* 3-4 times a week
* 5+ times a week
* None

1. How often do you exercise at home during the lockdown? Select the best that applies.

* 5-30 minutes every day
* 30+ minutes every day
* 5-30 minutes 1-3 days a week
* 5-30 minutes 3-5 days a week
* 30+ minutes 1-3 days a week
* 30+ minutes 3-5 days a week
* None

1. How often do you leave your house for shopping groceries during the lockdown?

* Once a month
* Twice a month
* 3 times a month
* 4+ times a month
* None- I do all my grocery shopping online

1. How many times did you leave your house for purposes other than shopping and exercising after the lockdown?

* None
* Once
* Twice
* 3+ times

1. If you selected one of the first three choices in the previous question, please briefly specify the purpose.
2. Have you tried online grocery shopping during the lockdown?

* Yes
* No
* N/A

1. If you answered yes to the previous question, would you continue online grocery shopping on a regular basis after the lockdown ends?

* Yes
* No
* Maybe