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During the past FIFTEEN MINUTES, how sedentary (sitting, reclining) or active (on your feet, walking) were you?

Almost always sedentary

Mostly sedentary, a little active

Equal amounts of time sedentary and active

Mostly active, a little sedentary

Almost always active

SKIP QUESTION

During the past FIFTEEN MINUTES, I spent **MOST** of my time in the following place:

Bar, Party

Cafe, Restaurant

Campus

Fraternity, Sorority House

Friend's house

Gym

Home (dorm, apartment)

Library

Religious facility

Store / Mall

Work

Vehicle

None of the above, Other

SKIP QUESTION

Spending time in this place gives me a good break from my day-to-day routine.

Not at all

Slightly

Somewhat

Quite a bit

Very much

Completely

SKIP QUESTION

There is a great deal of distraction in this place.

Not at all

Slightly

Somewhat

Quite a bit

Very much

Completely

SKIP QUESTION

Being in this place suits my personality.

Not at all

Slightly

Somewhat

Quite a bit

Very much

Completely

SKIP QUESTION

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During the past FIFTEEN MINUTES, I spent **MOST** of my time in person with the following people:

No one, was alone

Classmates, students

Co-workers

Family

Friends

Roommates

Significant Other

Strangers

None of the above, Other

SKIP QUESTION

During the past FIFTEEN MINUTES, I spent **MOST** of my time:

Attending classes, meetings

Browsing websites, seeking info online

Commuting, traveling

Doing household chores, running errands

Eating, drinking

Exercising, physical activity, sports

Resting, napping, doing nothing

Studying, preparing for an exam

Watching TV, movies

Working at a job

None of the above, Other

SKIP QUESTION

During the past FIFTEEN MINUTES, I spent time interacting with others by: (check all that apply)

Talking in person

Talking on the phone

Text messaging on the phone

Chatting on Whatsapp or other chat app

Chatting on a dating app

Emailing

Video-chatting

Interacting on Facebook

Interacting on Instagram

Interacting on Snapchat

Interacting on Twitter

Other form of interaction

Not applicable, was not interacting with anyone

SKIP QUESTION

I was interacting with the following people: (check all that apply)

Classmates, students

Co-workers

Family

Friends

Roommates

Significant Other

Strangers

None of the above, Other

SKIP QUESTION

Page 3RIGHT NOW, I am feeling **CONTENT**:

Not at all

A little bit

Quite a bit

Very much

SKIP QUESTION

RIGHT NOW, I am feeling **STRESSED**:

Not at all

A little bit

Quite a bit

Very much

SKIP QUESTION

RIGHT NOW, I am feeling **LONELY**:

Not at all

A little bit

Quite a bit

Very much

SKIP QUESTION

RIGHT NOW, my **ENERGY** level is:

Low energy

Somewhat low energy

Neutral

Somewhat high energy

High energy

SKIP QUESTION

Page 4

Thinking about your day YESTERDAY, which of these places did you spend more than 30 minutes in? (check all that apply)

Bar, Party

Cafe, Restaurant

Campus

Fraternity, Sorority House

Friend's house

Gym

Home (dorm, apartment)

Library

Religious facility

Store / Mall

Work

Vehicle

None of the above, Other

SKIP QUESTION

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