

Date: _____

For researcher use only

Participant ID _____

Demographic Information

1. What is your **age**? _____
2. What is your **gender**? ☐ Male ☐ Female ☐ Transgender
3. What best describes your **marital status**?
☐ Single ☐ Domestic partnership
☐ Married ☐ Other: _____
☐ Divorced, widowed, or separated
4. How do you describe your **ethnicity**?
☐ American Indian ☐ Hispanic / Latino
☐ Asian / Pacific Islander ☐ White / Caucasian
☐ Black / African American ☐ Other: _____
5. How many people **live in your household**? _____
6. **How many children** do you have? _____
How many of these **live at home**? _____
7. What is your **occupation**? _____
8. What is the **highest level of education** that you completed?
☐ Middle school ☐ College graduate
☐ Some high school ☐ Vocational degree
☐ High school graduate ☐ Some graduate school
☐ Some college ☐ Graduate degree
9. Do you **anticipate going on vacation or out of town** for more than **two days at a time** during the next six weeks:
☐ Yes ☐ No
☐ I am not sure

Mobile Phone Use

How often do you turn on the screen on your mobile phone on a typical day for any reason (e.g., to check time, send a message, consult your calendar, etc.)? Make your best estimate.

- | | |
|--|--|
| <input type="checkbox"/> More than 30 times per day | <input type="checkbox"/> 3 or 4 times per day |
| <input type="checkbox"/> Between 10 and 30 times per day | <input type="checkbox"/> 1 or 2 per day |
| <input type="checkbox"/> Between 5 and 9 times per day | <input type="checkbox"/> Less frequently than once per day |

On a typical day, which of the following do you **do on your mobile phone at least once**? (Check all that applies)

- | | |
|--|--|
| <input type="checkbox"/> Text (SMS) messaging | <input type="checkbox"/> Calendar |
| <input type="checkbox"/> Other messaging apps (e.g., WhatsApp, Line) | <input type="checkbox"/> Web browsing |
| <input type="checkbox"/> Voice calls | <input type="checkbox"/> Social media (e.g., Facebook, Instagram, Twitter) |
| <input type="checkbox"/> Email | |

For **what other things** do you **use you your mobile phone**?

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Do you currently use any **health or fitness applications** on your mobile phone?

- ☐ No ☐ Yes. Which ones(s): _____

Have you **ever used a physical-activity tracker** such as Nike FuelBand, Fitbit, Jawbone UP, etc.?

- ☐ No
- ☐ Yes. Which ones(s): _____

How would you rate your **comfort with using your mobile phone**?

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not at all comfortable | | | | Very comfortable |

How would you rate your **comfort with computers** more generally?

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not at all comfortable | | | | Very comfortable |

Walking Environment at Work

There are shops and restaurants in easy walking distance (10-15 min) from my office

☐ ☐ ☐ ☐ ☐

Strongly agree

Strongly disagree

The area close to my office is pleasant to walk around

☐ ☐ ☐ ☐ ☐

Strongly agree

Strongly disagree

There are sidewalk on most of the streets around my office

☐ ☐ ☐ ☐ ☐

Strongly agree

Strongly disagree

Conscientiousness

Please use the rating scale below to describe how accurately each statement describes you. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly the same age.

	Very inaccurate	Moderately inaccurate	Neither	Moderately accurate	Very accurate
I pay attention to details.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am always prepared.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I carry out my plans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to get down to work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I waste my time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I shirk my duties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make plans and stick to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Activity Choice Index

How likely are you to...

1. Use the stairs instead of escalator or elevators

☐ never ☐ rarely ☐ sometimes ☐ often ☐ always

2. Walk instead of using transportation

☐ never ☐ rarely ☐ sometimes ☐ often ☐ always

3. Park away from your destination

☐ never ☐ rarely ☐ sometimes ☐ often ☐ always

4. Use work breaks to be physically active

☐ never ☐ rarely ☐ sometimes ☐ often ☐ always

5. Choose to stand up instead of sitting

☐ never ☐ rarely ☐ sometimes ☐ often ☐ always

Self-Efficacy for Physical Activity

I am confident I can participate in regular physical activity when...

1. I am tired

☐ not at all confident ☐ somewhat confident ☐ moderately confident ☐ confident ☐ extremely confident

2. I am in a bad mood

☐ not at all confident ☐ somewhat confident ☐ moderately confident ☐ confident ☐ extremely confident

3. I feel I don't have the time

☐ not at all confident ☐ somewhat confident ☐ moderately confident ☐ confident ☐ extremely confident

4. I am on vacation

☐ not at all confident ☐ somewhat confident ☐ moderately confident ☐ confident ☐ extremely confident

5. It is raining or snowing

☐ not at all confident ☐ somewhat confident ☐ moderately confident ☐ confident ☐ extremely confident