





#	Variable / Field Name	Field Label <i>Field Note</i>	Field Attributes (Field Type, Validation, Choices, Calculations, etc.)								
Instrument: <b>Form 1</b> (form_1)  Enabled as survey											
1	[ record_id ]	Record ID	text								
2	[ form_1_complete ]	Section Header: <i>Form Status</i> Complete?	dropdown <table><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table>	0	Incomplete	1	Unverified	2	Complete		
0	Incomplete										
1	Unverified										
2	Complete										
Instrument: <b>Exercise diary</b> (exercise_diary)  Enabled as survey											
3	[ instructions ]	Please answer the following questions about the physical activity and/or sports you performed during the last day.  Please confirm	radio, Required <table><tr><td>1</td><td>Yes</td></tr></table>	1	Yes						
1	Yes										
4	[ intensity ]	My day involved the following type of physical activity	radio, Required <table><tr><td>1</td><td>Vigorous (causing large increases in heart rate and breathing, e.g. running)</td></tr><tr><td>2</td><td>Moderate (causing moderate increases in heart rate and breathing, e.g. cycling in the city)</td></tr><tr><td>3</td><td>Light (causing small to no increases in heart rate and breathing, e.g. taking a stroll in the park)</td></tr><tr><td>4</td><td>None of the above, I did not perform any type of physical activity</td></tr></table>	1	Vigorous (causing large increases in heart rate and breathing, e.g. running)	2	Moderate (causing moderate increases in heart rate and breathing, e.g. cycling in the city)	3	Light (causing small to no increases in heart rate and breathing, e.g. taking a stroll in the park)	4	None of the above, I did not perform any type of physical activity
1	Vigorous (causing large increases in heart rate and breathing, e.g. running)										
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4	None of the above, I did not perform any type of physical activity										
5	[ location ]  Show the field ONLY if: [intensity] = '1' or [intensity] = '2' or [intensity] = '3'	I performed physical activity	radio, Required <table><tr><td>1</td><td>Outdoors (e.g. running, cycling in the city)</td></tr><tr><td>2</td><td>Indoors (e.g. gym or home workout)</td></tr><tr><td>3</td><td>Both indoors and outdoors</td></tr></table> Field Annotation: [exercise_intensity] = 1 or 2 or 3	1	Outdoors (e.g. running, cycling in the city)	2	Indoors (e.g. gym or home workout)	3	Both indoors and outdoors		
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6	[ <b>type</b> ] Show the field ONLY if: [intensity] = '1' or [intensity] = '2' or [intensity] = '3'	Please indicate which type of physical activity/activities you engaged with	notes, Required						
7	[ <b>commute</b> ]	How much time did you spend walking and/or cycling to get to and from places? Please answer in minutes	text (number), Required						
8	[ <b>sedentary</b> ]	How much time did you spend sitting or reclining? Please answer in minutes	text (number), Required						
9	[ <b>uuid_3</b> ]	Section Header: <i>MyCap App Fields - Do Not Modify</i> UUID	text Field Annotation: @MC-TASK-UUID						
10	[ <b>startdate_3</b> ]	Start Date	text Field Annotation: @MC-TASK-STARTDATE						
11	[ <b>enddate_3</b> ]	End Date	text Field Annotation: @MC-TASK-ENDDATE						
12	[ <b>scheduledate_3</b> ]	Schedule Date	text Field Annotation: @MC-TASK-SCHEDULEDATE						
13	[ <b>status_3</b> ]	Status	dropdown <table border="1"><tr><td>0</td><td>Deleted</td></tr><tr><td>1</td><td>Completed</td></tr><tr><td>2</td><td>Incomplete</td></tr></table> Field Annotation: @MC-TASK-STATUS	0	Deleted	1	Completed	2	Incomplete
0	Deleted								
1	Completed								
2	Incomplete								
14	[ <b>supplementaldata_3</b> ]	Supplemental Data (JSON)	notes Field Annotation: @MC-TASK-SUPPLEMENTALDATA						
15	[ <b>serializedresult_3</b> ]	Serialized Result	file Field Annotation: @MC-TASK-SERIALIZEDRESULT						
16	[ <b>exercise_diary_complete</b> ]	Section Header: <i>Form Status</i> Complete?	dropdown <table border="1"><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table>	0	Incomplete	1	Unverified	2	Complete
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Instrument: <b>Wellbeing diary</b> (wellbeing_diary)  Enabled as survey									
17	[ <b>introduction_wellbeing</b> ]	Please indicate for each of the five statements which is closest to how you have been feeling over the last day. Please confirm	radio, Required <table border="1"><tr><td>1</td><td>Yes</td></tr></table> Custom alignment: RH	1	Yes				
1	Yes								

18	[ who5_1998_1 ]	I have felt cheerful and in good spirits	radio, Required <table border="1"> <tr><td>5</td><td>All of the time</td></tr> <tr><td>4</td><td>Most of the time</td></tr> <tr><td>3</td><td>More than half of the time</td></tr> <tr><td>2</td><td>Less than half of the time</td></tr> <tr><td>1</td><td>Some of the time</td></tr> <tr><td>0</td><td>At no time</td></tr> </table>	5	All of the time	4	Most of the time	3	More than half of the time	2	Less than half of the time	1	Some of the time	0	At no time
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19	[ who5_1998_2 ]	I have felt calm and relaxed	radio, Required <table border="1"> <tr><td>5</td><td>All of the time</td></tr> <tr><td>4</td><td>Most of the time</td></tr> <tr><td>3</td><td>More than half of the time</td></tr> <tr><td>2</td><td>Less than half of the time</td></tr> <tr><td>1</td><td>Some of the time</td></tr> <tr><td>0</td><td>At no time</td></tr> </table>	5	All of the time	4	Most of the time	3	More than half of the time	2	Less than half of the time	1	Some of the time	0	At no time
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20	[ who5_1998_3 ]	I have felt active and vigorous	radio, Required <table border="1"> <tr><td>5</td><td>All of the time</td></tr> <tr><td>4</td><td>Most of the time</td></tr> <tr><td>3</td><td>More than half of the time</td></tr> <tr><td>2</td><td>Less than half of the time</td></tr> <tr><td>1</td><td>Some of the time</td></tr> <tr><td>0</td><td>At no time</td></tr> </table>	5	All of the time	4	Most of the time	3	More than half of the time	2	Less than half of the time	1	Some of the time	0	At no time
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21	[ who5_1998_4 ]	How would you rate the quality of your sleep last night?	radio, Required <table border="1"> <tr><td>1</td><td>Very poor</td></tr> <tr><td>2</td><td>Poor</td></tr> <tr><td>3</td><td>Fair</td></tr> <tr><td>4</td><td>Good</td></tr> <tr><td>5</td><td>Very good</td></tr> </table>	1	Very poor	2	Poor	3	Fair	4	Good	5	Very good		
1	Very poor														
2	Poor														
3	Fair														
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5	Very good														
22	[ who5_1998_5 ]	My daily life has been filled with things that interest me	radio, Required <table border="1"> <tr><td>5</td><td>All of the time</td></tr> <tr><td>4</td><td>Most of the time</td></tr> <tr><td>3</td><td>More than half of the time</td></tr> <tr><td>2</td><td>Less than half of the time</td></tr> <tr><td>1</td><td>Some of the time</td></tr> <tr><td>0</td><td>At no time</td></tr> </table>	5	All of the time	4	Most of the time	3	More than half of the time	2	Less than half of the time	1	Some of the time	0	At no time
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23	[ uuid_2 ]	Section Header: <i>MyCap App Fields - Do Not Modify</i> UUID	text Field Annotation: @MC-TASK-UUID												

24	[ <b>startdate_2</b> ]	Start Date	text Field Annotation: @MC-TASK-STARTDATE										
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28	[ <b>supplementaldata_2</b> ]	Supplemental Data (JSON)	notes Field Annotation: @MC-TASK-SUPPLEMENTALDATA										
29	[ <b>serializedresult_2</b> ]	Serialized Result	file Field Annotation: @MC-TASK-SERIALIZEDRESULT										
30	[ <b>wellbeing_diary_complete</b> ]	Section Header: <i>Form Status</i> Complete?	dropdown <table border="1"><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table>	0	Incomplete	1	Unverified	2	Complete				
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Instrument: <b>Light exposure diary</b> (light_exposure_diary)  <b>Enabled as survey</b>													
31	[ <b>mhla_confirm</b> ]	Please complete the light exposure diary on paper before going to bed and upload a picture to the shared folder emailed to you on the first day of the experiment. If you are unsure where to find this, email carolina.guidolin@tuebingen.mpg.de Please confirm that you did this	radio, Required <table border="1"><tr><td>1</td><td>Yes</td></tr></table>	1	Yes								
1	Yes												
32	[ <b>mhlea_confidence</b> ]	How sure are you about the light exposure categories you chose?	radio <table border="1"><tr><td>1</td><td>Not confident at all</td></tr><tr><td>2</td><td>Slightly confident</td></tr><tr><td>3</td><td>Somewhat confident</td></tr><tr><td>4</td><td>Fairly confident</td></tr><tr><td>5</td><td>Completely confident</td></tr></table>	1	Not confident at all	2	Slightly confident	3	Somewhat confident	4	Fairly confident	5	Completely confident
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38	[ <b>supplementaldata</b> ]	Supplemental Data (JSON)	notes Field Annotation: @MC-TASK-SUPPLEMENTALDATA						
39	[ <b>serializedresult</b> ]	Serialized Result	file Field Annotation: @MC-TASK-SERIALIZEDRESULT						
40	[ <b>light_exposure_diary_complete</b> ]	Section Header: <i>Form Status</i> Complete?	dropdown <table border="1"><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table>	0	Incomplete	1	Unverified	2	Complete
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