

Supplementary File 1: Adapted Active Australia Survey Interview Script

I would like to ask you some brief questions about the activity you did **IN THE LAST WEEK**.

- 1.a** In the last week, how many days have you **walked continuously**, for at least 10 minutes, for recreation, exercise or to get to or from places? (Only count the days you walked for at least 10 minutes without stopping.)

_____ DAYS *[If answer is 0, then skip to 2.a]*

- 1.b** What do you estimate was the **total time** that you spent walking in this way in the last week?

_____ MINUTES

- 2.a** In the last week, how many days did you do any **vigorous gardening or heavy work** around the yard which made you breathe harder or puff and pant? (e.g. things like heavy digging, pushing a lawn mower)

_____ DAYS *[If answer is 0, then skip to 3.a]*

- 2.b** What do you estimate was the **total time** that you spent doing vigorous gardening or heavy work around the yard in the last week?

_____ MINUTES

The next questions **EXCLUDE** household chores, gardening or yard work:

- 3.a** In the last week, **how many days** did you do any **vigorous physical activity** which made you breathe harder or puff and pant? (e.g. jogging, cycling, aerobics, competitive tennis).

_____ DAYS *[If answer is 0, then skip to 4.a]*

[Interviewer clarification: The types of activities which might be reported here, in addition to the above examples, include team games such as football, hockey, basketball, netball, squash, cross-country skiing, cross-country hiking (i.e. rough or steep terrain), weight lifting, boxing, rock climbing, gymnastics, using a rowing machine, certain martial arts, high-impact and step aerobics. It is important to remember that the

activity must make the participant *breathe much harder* and have a *large effect on heart rate* AND make them *unable to talk* while doing the activity.]

3.b What do you estimate was the **total time** that you spent doing this vigorous physical activity in the last week?

_____ MINUTES

4.a In the last week, how many days did you do any other more **moderate physical activities** that you have not already mentioned? (e.g. swimming, social tennis, golf, etc) (Not walking; covered earlier)

_____ DAYS [If answer is 0, then skip to 5.a]

[Interviewer clarification: The types of activities which might be expected, in addition to the above examples, include dancing, badminton, table tennis, horseback riding, canoeing, kayaking, volleyball, cricket, baseball or softball, downhill skiing, cross-training, surfing and windsurfing. The activity must make the participant breathe harder and increase the heart rate but still allow them to talk, but not sing, while doing the activity]

4.b What do you estimate was the **total time** that you spent doing these activities in the last week?

_____ MINUTES