Appendix II

Instructions

In this study, the answers are divided into three sections over one day.
Definition of the morning from wake up to lunch
Definition of the afternoon from lunch to dinner
Definition of the night from the dinner to bed time

Recall activities in each category. Please select a different time for exercise intensity.
Exercise intensity is a choice of five "light" "moderate" "moderate /high" "high" "very hard".
Definitions of intensity and activities, please always check the Appendix table with illustrations.
If you have activities that are not listed in the table, choose similar activities and activities that are listed in the table and please select the exercise intensity.

Interactive intensity quizzes (the first and second day)

For the answer look at the table in the Appendix that has illustrations

Q. 1 "Walking" Which of the following applies to the intensity?

- light
- moderate
- moderate /high
- high
- very hard

Q. 2 "Cleaning, washing, cooking" Which of the following applies to the intensity?

- light
- moderate
- moderate /high
- high
- very hard

The above two questions are an example. Keep answering the questions until you answer two questions correctly in a row.

Appendix II

Today is Monday the 1st of September.

We would like to ask you about your sleep time. What time did you go to bed last night? What time did you wake up this morning?

Bedtime
Wake-up time

Where did you go today? What did you do? Did you do anything special? Please try and recall your activities as accurately as possible. Please select the time that you actually spent moving your body whilst performing the following activities.

The selections below refer to the activities you performed in the morning (from wake up to lunch).

light

hours min

hours min

hours min
The selections below refer to the activities you performed in the afternoon (from lunch to dinner).

### Light
- **hours**
- **min**

### Moderate
- **hours**
- **min**

### Moderate / High
- **hours**
- **min**

### High
- **hours**
- **min**

### Very Hard
- **hours**
- **min**

**Appendix II**

The selections below refer to the activities you performed in the night (from the dinner to bed time).

### Light
- **hours**
- **min**

### Moderate
- **hours**
- **min**

### Moderate / High
- **hours**
- **min**

### High
- **hours**
- **min**

### Very Hard
- **hours**
- **min**

Look back over yesterday’s activity, did you forget to include any activity?
Did you move your body at work or performing recreational sports or activity such as walking?

- You want to modify the activities of the morning
- You want to modify the activities of the afternoon
- You want to modify the activities of the night
- The activities are all correct

Today’s input is completed.
We ask for your cooperation in the remaining six days. Thank you.
# Appendix II

## Table indicating physical activity intensity illustrations

<table>
<thead>
<tr>
<th>Category</th>
<th>METs</th>
<th>Activities</th>
<th>Illustration of image</th>
</tr>
</thead>
<tbody>
<tr>
<td>sleep</td>
<td>0.9</td>
<td>sleeping</td>
<td></td>
</tr>
<tr>
<td>light</td>
<td>2.2</td>
<td>Home (cleaning, washing, cooking, shopping, walking, brushing teeth, shower, etc.)</td>
<td><img src="image1.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work (in-store sales activities, light work in a standing position, etc.)</td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transport train and bus ride in a standing position</td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports exercise (stretching, light exercise)</td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
<tr>
<td>moderate</td>
<td>3.5</td>
<td>Home (window cleaner, cutting grass, gardening, etc.)</td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work (shelf arrangement, cargo, brisk walking, movement of dishes and tray, etc.)</td>
<td><img src="image6.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transport Walking, about 15km/h bicycle slowly</td>
<td><img src="image7.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports exercise (walking, golf, etc.)</td>
<td><img src="image8.png" alt="Image" /></td>
</tr>
<tr>
<td>moderate /high</td>
<td>5</td>
<td>Home DIY, digging, shoveling snow, etc.</td>
<td><img src="image9.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work (digging, agricultural, etc.)</td>
<td><img src="image10.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transport about 16-19km/h bicycle natural</td>
<td><img src="image11.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports exercise baseball, softball, strength training, etc.</td>
<td><img src="image12.png" alt="Image" /></td>
</tr>
<tr>
<td>high</td>
<td>7</td>
<td>Work Dig a ditch with a shovel, truck cargo luggage, etc.</td>
<td><img src="image13.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transport about 19-23km/h bicycle fast</td>
<td><img src="image14.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports exercise 7-8km/h jogging slowly, soccer, tennis, mountain climbing, etc.</td>
<td><img src="image15.png" alt="Image" /></td>
</tr>
<tr>
<td>very hard</td>
<td>10</td>
<td>Transport about 23-26km/h bicycle very fast</td>
<td><img src="image16.png" alt="Image" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports exercise 7-8km/h jogging fast, swimming, etc.</td>
<td><img src="image17.png" alt="Image" /></td>
</tr>
</tbody>
</table>