Please answer the following questions based on what you do in a typical week. To increase accuracy, you may wish to log your physical activity and sedentary behavior for one week prior to answering the questions.

**Aerobic Physical Activity**

1. Frequency: In a typical week, how many days do you do moderate-intensity (like brisk walking) to vigorous-intensity (like running) aerobic physical activity?
   
   ___ days/week

2. Time or Duration: On average for days that you do at least moderate-intensity aerobic physical activity (as specified above), how many minutes do you do?
   
   ___ minutes/day

Total: Multiply your average number of days per week by the average number of minutes per day.

   ___ minutes/week

**Muscle Strengthening Physical Activity**

3. In a typical week, how many times do you do muscle strengthening activities (such as resistance training or very heavy gardening)?
   
   ___ times/week

**Perceived Aerobic Fitness**

4. In general, would you say that your aerobic fitness (ability to walk/run distances) is:

   ___ Excellent    ___ Very Good    ___ Good    ___ Fair    ___ Poor
Sedentary Behaviour

5. On a typical day, how many hours do you spend in continuous sitting: at work, in meetings, volunteer commitments and commuting (i.e., by motorized transport)?

- None
- 3 to < 4
- 1 to < 2
- 2 to < 3
- < 1 hour
- 4 to < 5
- 5 to < 6
- > 6

6. On a typical day, how many hours do you watch television, use a computer, read, and spend sitting quietly during your leisure time?

- None
- 3 to < 4
- < 1 hour
- 4 to < 5
- 1 to < 2
- 5 to < 6
- > 6

Total Sedentary Behaviour (add responses to questions 5 and 6) ___ hours/day

7. When sitting for prolonged periods (one hour or more), at what interval would you typically take a break to stand and move around for two minutes?

- < 10 minutes
- 10 to < 20 minutes
- 20 to < 30 minutes
- 30 to < 45 minutes
- 45 to < 1 hour
- 1 to < 1.5 hours
- 1.5 to < 2 hours
- > 2 hours
Please think back to the past 4 weeks. During a typical week in the past 4 weeks, how many minutes per day as a rule do you do the following types of physical activity or exercise for more than 10 minutes at a time during your free time?

a) STRENuous PHYSical ACTIVITY – heart beats rapidly (i.e. brisk walking uphill, jogging, sports like hockey, soccer, basketball, cross-country skiing, judo, vigorous swimming, long distance bicycling).

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b) MODERATE PHYSICAL ACTIVITY – not exhaustive (i.e. fast walking, doubles tennis, easy bicycling, volleyball, easy swimming, aqua-fit classes, popular and folk dancing).

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c) MILD PHYSICAL ACTIVITY – minimal effort (i.e. yoga, archery, curling, bowling, golf, horseshoes, easy walking)

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Supplement S3

Bland-Altman plot for minutes per week spent in MVPA for:
(A) ActiGraph versus EVS and (B) ActiGraph versus mLTPA-Q