









Multimedia Appendix 1. The two paper questionnaires used in the study

1 - Very low □ □ □ □ □ □ □ □ □ □ **10 - Very high**

Grade your physical activity during the last two weeks. The value 1 should be interpreted as a sedentary lifestyle, while the value 5 represents a few long walks per week, and the value 10 represents exercise several times a week.

2. Fill in the number of hours and minutes that you spent on average in each activity category A to I per day during the last two weeks.

Level		How much time a day do you spend doing activities as demanding as:	hours minutes
A		for example sleeping, lying quietly in bed	
B		for example sitting - bathing, quietly listening to music, watching television, etc.	
C		for example sitting - light office work, knitting, sewing, meetings, etc.	
D		for example making bed, ironing, washing dishes, etc.	
E		for example bowling, driving bus/tractor, automobile repair, dancing waltz/foxtrot, etc.	
F		for example walking briskly, horseback riding, sweeping sidewalk, etc.	
G		for example painting outside house, carrying and stacking wood, skiing downhill, etc.	
H		for example construction work, mowing lawn with hand mower, shoveling snow by hand, etc.	
I		more effort than level H	
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