



## Adapted Godin Questionnaire

We would like you to estimate your average weekly physical activity **during the past month**.

Questions address **aerobic exercise** (i.e., exercise focussing on heart and lung function, such as Running, Walking, Swimming) and **strength exercise** (i.e., exercise focussing on muscle strength such as gym sessions, weightlifting, sit-ups, push-ups) **separately**.

When you complete the questionnaire, please:

- Only report exercises lasting for at least 10 minutes
- Include exercise that you performed within your participation in the Neo-ACT trial
- Only report exercise which you performed in your leisure time (not as part of your work or while doing housekeeping)
- Note that categories a, b and c address different intensities of aerobic exercise, while category d addresses strength exercise.
- If you did not perform any exercise within the different categories (a-d), please report "0" in the corresponding field.

**During one typical week** within the past month, on how many days on average did you perform exercise, and for how many minutes per day?

**a. Strenuous aerobic exercise** \_\_\_\_\_ days per week \_\_\_\_\_ min per day  
(heart beats rapidly, breaking out in a sweat)

**b. Moderate aerobic exercise** \_\_\_\_\_ days per week \_\_\_\_\_ min per day  
(not exhausting, light sweat)

**c. Mild/light aerobic exercise** \_\_\_\_\_ days per week \_\_\_\_\_ min per day  
(minimal effort)

**d. Strength exercise** \_\_\_\_\_ days per week \_\_\_\_\_ min per day  
(moderate to strenuous exercise)