

Additional file 2: Extract of questionnaire assessing type, frequency, and duration of physical activity at t₂

Walking	
How often did you spend time walking outside (e. g., to relax, to go shopping, to go to work, to walk with the dog) within the last 7 days?	☐ not applicable/0 days ☐ 1-2 days ^a ☐ 3-4 days ^a ☐ 5-7 days ^a
Moderate-intensity exercise	
How often did you spend time doing moderate-intensity exercise (e. g., dancing, gymnastics, riding a bike at moderate speed, moderate swimming, nordic walking or other similar activities) within the last 7 days?	☐ not applicable/0 days* ☐ 1-2 days ^a ☐ 3-4 days ^a ☐ 5-7 days ^a
High-intensity exercise	
How often did you spend time doing high-intensity exercise (e. g., running, intense swimming, riding a bike with high speed, hiking, aerobic, skiing or other similar activities) within the last 7 days?	☐ not applicable/0 days ☐ 1-2 days ^a ☐ 3-4 days ^a ☐ 5-7 days ^a
Strength training	
How often did you spend time doing strength-training (e. g., lifting weights, push-ups) within the last 7 days?	☐ not applicable/0 days ☐ 1-2 days ^a ☐ 3-4 days ^a ☐ 5-7 days ^a
Filter question for ^a	
How many hours on average did you spend doing [walking/moderate-intensity exercise/ high-intensity exercise/strength training] on the mentioned days?	☐ less than 1 hour ☐ more than 1, but less than 2 hours ☐ 2 to 4 hours ☐ more than 4 hours

Calculation of amount in min/week:

1. **Chosen number of days/week for frequency (i. e. the lowest value in the selected range):**
 - ☐ 0 days
 - ☐ 1 day
 - ☐ 3 days
 - ☐ 5 days
2. **Chosen number of minutes/chosen frequency for time spent:**
 - ☐ 30 minutes
 - ☐ 60 minutes
 - ☐ 120 minutes
 - ☐ 270 minutes
3. **Amount in minutes/week:**
 frequency * time (not applied for strength training)