

**Subject ID:**

**Date:**

- 1. Approximately how often did you eat vegetables/protein before carbohydrates in the past 2 weeks?**

Rarely      Less than half the time      Half the time      More than half the time      Nearly all the time

- 2. Please rate how strongly you agree or disagree with the following statement: 'It is easy to eat vegetables/protein before carbohydrates.'**

Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree

- 3. How easy or difficult is it to eat vegetables/protein before carbohydrates for each meal? (1 = Very Difficult, 2 = Difficult, 3 = Neutral, 4 = Easy, 5 = Very Easy)**

\_\_\_\_\_Breakfast\_\_\_\_\_Lunch\_\_\_\_\_Dinner

- 4. How easy or difficult is it to eat vegetables/protein before carbohydrates when eating at home during weekdays? (1 = Very Difficult, 2 = Difficult, 3 = Neutral, 4 = Easy, 5 = Very Easy)**

- 5. How easy or difficult is it to eat vegetables/protein before carbohydrates when eating at home during the weekends? (1 = Very Difficult, 2 = Difficult, 3 = Neutral, 4 = Easy, 5 = Very Easy)**

- 6. How often do you eat out? (i.e. take-out, restaurants, at work, and at social events)**

Never      Few times a week      Daily      More than once daily

- 7. How easy or difficult is it to eat vegetables/protein before carbohydrates when eating out? (1 = Very Difficult, 2 = Difficult, 3 = Neutral, 4 = Easy, 5 = Very Easy)**

- 8. Which of these best describes your meal experience?**

Eating vegetables/protein before carbohydrates:

Reduces my meal enjoyment      Does not affect my enjoyment      Increases my meal enjoyment

**9. How likely are you to continue eating protein/vegetables before concentrated carbohydrates at meals?** (1 = Not at all likely to continue, 2 = Somewhat likely to continue, 3 = Unsure, 4 = Very likely to continue, 5 = Certainly will continue)

**10. Over the last 4 months, what made it difficult to eat protein/vegetables first at meals?**

**11. Over the past 4 months, what has helped you make the food order behavior change?**

**12. How would you rate the frequency of the study visits?**

Too Much

Just Right

Too Little

Not Sure

**13. Please feel free to share any comments or concerns regarding your experience:**

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## GODIN LEISURE-TIME EXERCISE QUESTIONNAIRE

Subject #: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

1. During a typical **7-Day period** (a week), how many times on average do you do the following kinds of exercise for **more than 15 minutes** during your free time (write on each line the appropriate number).

**Times  
Per  
Week**

**A. STRENUOUS EXERCISE (HEART  
BEATS RAPIDLY)**

(e.g., running, jogging, hockey, football,  
soccer, squash, basketball, cross country,  
skiing, judo, roller skating, vigorous  
swimming, vigorous long distance  
bicycling)

\_\_\_\_\_

**B. MODERATE EXERCISE (NOT  
EXHAUSTING)**

(e.g., fast walking, baseball, tennis,  
easy-bicycling, volleyball, badminton,  
easy swimming, alpine skiing, popular  
and folk dancing)

\_\_\_\_\_

**C. MILD EXERCISE (MINIMAL  
EFFORT)**

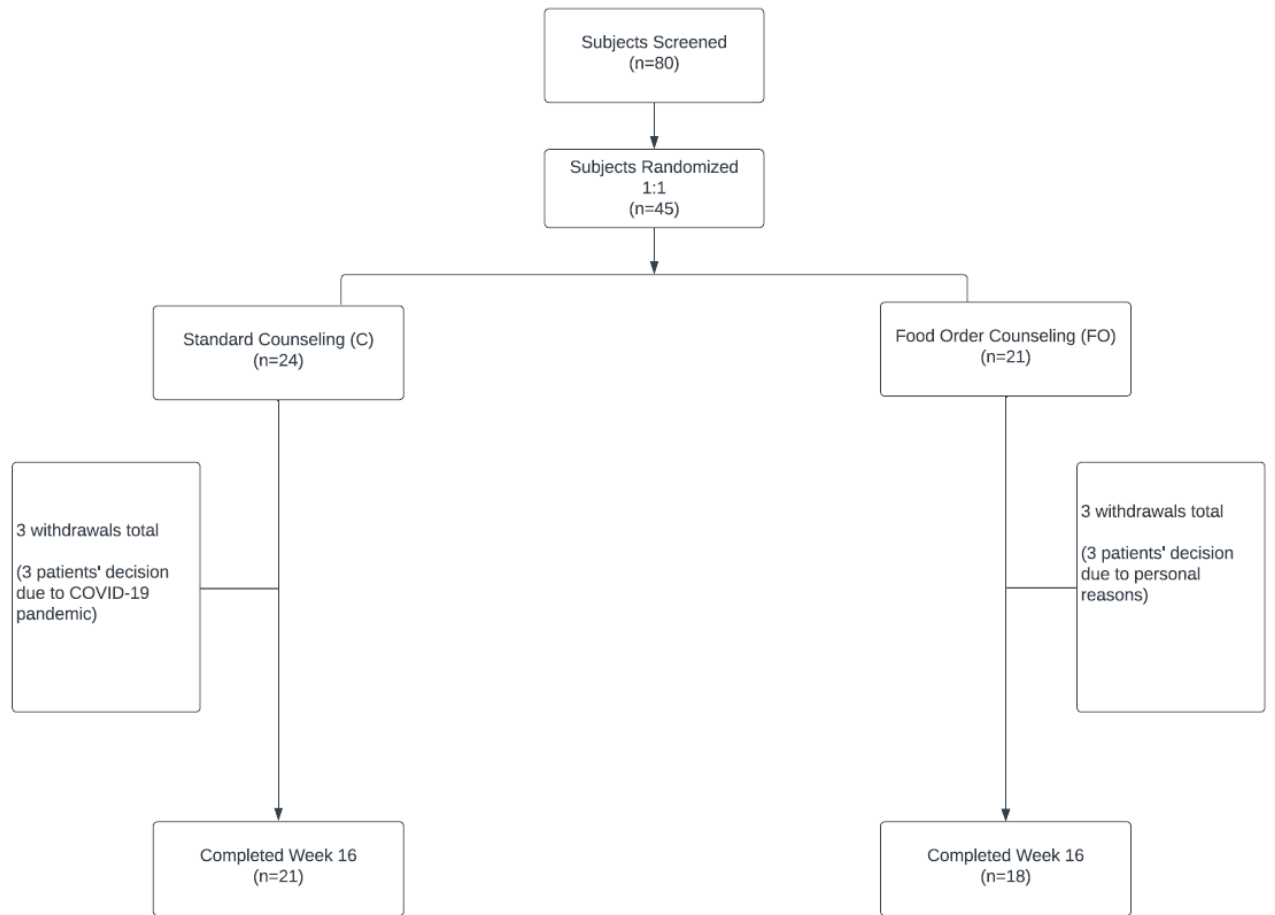
(e.g., yoga, archery, fishing from river  
bank, bowling, horseshoes, golf,  
snow-mobiling, easy walking)

\_\_\_\_\_

2. During a typical **7-Day period** (a week), in your leisure time, how often do you engage in any regular activity **long enough to work up a sweat** (heart beats rapidly)?

- ☐ Never  
☐ Sometimes  
☐ Often

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Supplementary 3: Participant Flowchart