Active Mobility Index (AMI)

The following questions are in relation to the area of your activity over the past month.
Please select the answer that you feel is closest for each respective item.

a-1. Did you get to **a distance of up to 1 km** from your residence (in the neighborhood, i.e., requiring <20 minutes by foot)?

(1) Yes	(2) No ➡ Go to question b-1

a-2. How often per week did you get to a distance of up to 1 km from your residence?

(1) < Once	(2) 1–3 days	(3) 4–6 days	(4) Every day

a-3. Which item corresponds best to the main purpose for getting to a distance of up to 1 km from your residence ?

(1) Mainly for physical activity (such as walking or exercise)	(2) Mainly for daily chores and appointments (shopping or meeting people)	(3) Both 1 and 2 equally

a-4. What was your main means of transportation when getting to a distance of up to 1 km from your residence?

(1) Walking/bicycle	(2) Bus/train	(3) Car/other

a-5. How many people did you interact with when getting to a distance up to 1 km from your residence?

(Interaction refers to exchanges of conversation, with others regardless of whether they are family, acquaintances, or strangers)

(1) 0	(2) 1–2	(3) 3–4	(4) ≥5

a-6. How much physical activity did you perform when getting to a distance of up to 1 km from your residence? (exercise, walking, or work)

(1) Almost none	(2) Very little	(3) Some	(4) A lot

Active Mobility Index (AMI)

b-1. Did you get to **a distance of 1–10 km** from your residence (places somewhat far from your neighborhood, i.e., requiring $\ll$ 20 minutes by car)?

(1) Yes	(2) No ➡ Go to question c-1

b-2. How often per week did you get to a distance of 1–10 km from your residence?

(1) < Once	(2) 1–3 days	(3) 4–6 days	(4) Every day

b-3. Which item corresponds best to the main purpose for getting to a distance of 1–10 km from your residence?

(1) Mainly for physical activity (such as walking or exercise)	(2) Mainly for daily chores and appointments (shopping or meeting people)	(3) Both 1 and 2 equally

b-4. What was your main means of transportation when getting to a distance of 1–10 km from your residence?

(1) Walking/bicycle	(2) Bus/train	(3) Car/other

b-5. How many people did you interact with when getting to a distance of 1–10 km from your residence?

(Interaction refers to exchanges of conversation, with others regardless of whether they are family, acquaintances, or strangers)

(1) 0	(2) 1–2	(3) 3–4	(4) ≥5

b-6. How much physical activity did you perform when getting to a distance of 1–10 km from your residence? (exercise, walking, or work)

(1) Almost none	(2) Very little	(3) Some	(4) A lot

Active Mobility Index (AMI)

c-1. Did you get to **a distance of ≥ 10 km** from your residence (places far from your neighborhood, i.e., requiring ≥20 minutes by car)?

(1) Yes	(2) No

c-2. How often per week did you get to a distance of ≥10 km away from your residence?

(1) < Once	(2) 1–3 days	(3) 4–6 days	(4) Every day

c-3. Which item corresponds best to the main purpose for getting to a distance of ≥10 km away from your residence?

(1) Mainly for physical activity (such as walking or exercise)	(2) Mainly for daily chores and appointments (shopping or meeting people)	(3) Both 1 and 2 equally

c-4. What was your main means of transportation when getting to a distance of ≥10 km away from your residence?

(1) Walking/bicycle	(2) Bus/train	(3) Car/other

c-5. How many people did you interact with when getting to a distance of ≥10 km from your residence?
(Interaction refers to exchanges of conversation, with others regardless of whether they are family, acquaintances, or strangers)

(1) 0	(2) 1–2	(3) 3–4	(4) ≥5

c-6. How much physical activity did you perform when getting to a distance of ≥ 10 km from your residence?
(exercise, walking, or work)

(1) Almost none	(2) Very little	(3) Some	(4) A lot