**Appendix 1**

*Questions regarding physical activity and sedentary activity during the intervention period*

93. Are you physically active in a sport association during the winter season (yes/no)

94. If so, how many hours per week?

 Sport 1………………………….(hours/week)

 Sport 2………………………….(hours/week)

 Sport 3………………………….(hours/week)

95. Are you physically active in a sport association during the summer season (yes/no)

96. If so, how many hours per week?

 Sport 1………………………….(hours/week)

 Sport 2………………………….(hours/week)

 Sport 3………………………….(hours/week)

101. how many hours per day do you spend in front of a TV, playing video-games or in front of a computer?

*Question regarding physical activity and sedentary activity after the intervention period*

E4. How many hours per week do you exercise besides walking?

 Summer…………………..(hours/week)

 Winter...………………….(hours/week)

E1. How much do you walk as exercise?

 During summertime……………………(in hours or kilometers per week)

During wintertime……………………(in hours or kilometers per week)

E9a. how many hours per week do you spend in front of a TV, playing video-games or in front of a computer?

…………………………(hours/week)

E9b. Besides time spend sedentary in question E9a, how many hous per week do you spend sedentary by for example reading books, solving crosswords, handcraft or driving car?

…………………………(hours/week)