

**Supplemental File 1**  
**AY1 and AY2 Full Surveys (September 2015/2016, December 2015/2016 and April 2016/2017)**

Question/Statement	Answer Choices
What is your usual bedtime on weekday nights (Sunday-Thursday)?	4:00 pm to 6:00 am (15-minute increments)
What is your usual bedtime on weekend nights (Friday, Saturday)?	
What is the usual time you wake up on weekday mornings (Monday-Friday)?	3:00 am to 4:00 pm (15-minute increments)
What is the usual time you wake up on weekend mornings (Saturday, Sunday)?	
How many hours (on average) do you nap on a given weekday (Monday-Friday)?	0 to 6 hours (30-minute increments)
How many hours (on average) do you nap on a given weekend day (Saturday, Sunday)?	
In the last month, how often have you been upset because of something that happened unexpectedly?	Cohen Perceived Stress Scale <sup>8</sup> : Never (0); Almost never (1); Sometimes (2); Fairly often (3); Very often (4)
In the last month, how often have you felt unable to control the important things in your life?	
In the last month, how often have you felt nervous and “stressed”?	
In the last month, how often have you felt confident about your ability to handle personal problems?	
In the last month, how often have you felt that things were going your way?	
In the last month, how often have you found that you could not cope with all the things you had to do?	
In the last month, how often have you been able to control irritations in your life?	
In the last month, how often have you felt that you were on top of things?	
In the last month, how often have you been angered because of things that were outside of your control?	
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	
I am sick more often than the average college student.	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree
I have been sick more often this year when compared to last year.	
I am satisfied with my quality of sleep.	
I am satisfied with my current stress level.	
I tend to eat more when I am stressed.	
I am satisfied with my current weight.	
I am satisfied with my current exercise.	
I am satisfied with my current diet.	
How many minutes of moderate to vigorous cardiovascular exercise did you do in the last week?*	0; <60; 60-89; 90-119; 120-150; >150
Outside of the offered exercise classes, how many minutes of moderate to vigorous cardiovascular exercise did you do in the last week?^	
How many minutes of moderate to vigorous strength training did you do in the last week?*	
Outside of the offered exercise classes, how many minutes of moderate to vigorous strength training did you do in the last week?^	
Which exercise classes did you attend the last week (Select all that apply)?^	Zumba, Yoga, Strength training
I incorporate information from the dietary classes into my meal and/or snack preparations on a regular basis.^	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree; N/A (I have not attended any of the dietary classes)
How many times did you eat out during the last week?	I did not eat out during the last week; 1-3; 4-6; 7-10; 11-14; >14
How many servings of the following did you have in the last 24 hours (if you are unsure, type “I do not know”)?: Fruits, Vegetables, Grains, Protein, Dairy, Fats/sweets	Free text each category

How many calories did you eat in the last 24 hours (if you are unsure, choose "I do not know")?	<1000; 1000-1399; 1400-1799; 1800-2199; 2200-2599; 2600-3000; >3000; I do not know
How many meals do you consume in a typical day?: Small meals, Large meals, Snacks	Free text each category
Did you complete your pre-pharmacy courses at Ferris State University (FSU)?*	I completed all courses at FSU; I completed some courses at FSU; I completed no courses at FSU
How many years did you spend completing your pre-pharmacy courses?*	<2; ~2; ~3; ~4; >4
Please enter the results of your physical assessment: Height (inches), Weight (pounds), Blood pressure (mmHg)*	Free text each category
Please enter the results of your physical assessment: Height (inches), Weight (pounds), Blood pressure (mmHg), Body fat (percentage)^	

\*Survey questions/statements only on the following surveys: September 2015, December 2015, April 2016, September 2016

^Survey questions/statements only on the following surveys: December 2016, April 2017