

Supplemental File 2
AY1 and AY2 Shortened Surveys (January 2016/2017)

Question/Statement	Answer Choices
In the last month, how often have you been upset because of something that happened unexpectedly?	Cohen Perceived Stress Scale ⁸ : 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?	
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
How many minutes of moderate to vigorous strength training did you do in the last week?	
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
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)
I am satisfied with my current exercise.	Strongly disagree; Disagree;
I am satisfied with my current diet.	Neither agree nor disagree;
I am satisfied with my current stress level.^	Agree; Strongly agree

^Survey questions/statements only on the following survey: January 2017