

**Supplementary material 2:** Retrospective exercise diary.**Retrospective exercise diary (4-week recall)**

Try to recall how many times in the past 4 weeks (from date: \_\_\_\_\_) you have been:

Exercise modality	Number of sessions							Avg. time per session	Avg. intensity per session	
	None	1 in the previous 4 weeks	2-3 in the previous 4 weeks	1 session/ week	2-3 sessions/ week	4-5 sessions/ week	Every day	Minutes	Intensity (Borg 6-20)	Intensity (Borg 1-10)
Swimming										
Cycling										
Running										
Rowing										
Football (soccer)										
Handball										
Tennis										
Golf										
Gymnastics										
Resistance training										
Circuit training										
Yoga										
Pilates										
Other										
<b>State modality:</b>										

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<b>Borg RPE-Scale (6-20)</b>		<b>CR-10 Scale (0-10)</b>	
6	No exertion	0	Nothing at all
7	Extremely light	0.5	Extremely weak
8		1	Very weak
9	Very light	1.5	
10		2	Weak
11	Light	2.5	
12		3	Moderate
13	Somewhat hard	4	Somewhat strong
14		5	Strong
15	Hard	6	
16		7	Very strong
17	Very hard	8	
18		9	
19	Extremely hard	10	Extremely strong
20	Maximal exertion	-	Maximal

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