

To be administered one week prior to end of study. Questions 5-7 go to participants in the forums intervention arm only.

Congratulations! You're almost done with *Stepping Up to Health*. As you begin your final week of our research program, we have a handful of short questions for you. You should be able to answer them in about 5 minutes.

1) What is your current weight in pounds? (fill in)

2) Prior to starting the Stepping Up to Health program, how often did you **READ** messages or posts on

- |  |       |        |         |        |       |            |
|--|-------|--------|---------|--------|-------|------------|
| a) message boards or online forums?        | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| b) email groups or listservs?              | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| c) instant messenger or online chat rooms? | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| d) blogs?                                  | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| e) text messages on a cell phone?          | Never | Rarely | Monthly | Weekly | Daily | Don't Know |

3) Prior to starting the Stepping Up to Health program, how often did you **POST or SEND** messages or comments on

- |  |       |        |         |        |       |            |
|--|-------|--------|---------|--------|-------|------------|
| a) message boards or online forums?        | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| b) email groups or listservs?              | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| c) instant messenger or online chat rooms? | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| d) blogs?                                  | Never | Rarely | Monthly | Weekly | Daily | Don't Know |
| e) text messages on a cell phone?          | Never | Rarely | Monthly | Weekly | Daily | Don't Know |

4) Did you peek or remove the sticker from your pedometer before you were supposed to? (Think back to when you first received your pedometer with a sticker hiding the numbers. Did you look under the sticker before you received your first goal email or before you were able to see your graphs?)

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Yes, I peeked.

No, I did not peek.

I'm not sure.

5) Did the ability to talk to or read posts from other participants motivate you to walk more?

Yes

No

Don't Know

6) What type of discussions in the forums did you find most helpful?

(Leave as an open-ended question)

7) Did any of the following concerns make you hesitant to post messages on the forums? Check all that apply.

I was concerned about my privacy.

I did not have time.

I couldn't figure out how to post.

I don't think I am good at writing.

I had nothing to add.

It didn't interest me.

I didn't know about the forums.

Other