

Appendix Table 1. Individual items by construct and item reference

Variable	Operational Definition	Reference
<b>Child-Report Intrapersonal Variables</b>		
Self-efficacy	<p>I can be physically active during my free time on most days</p> <p>I can ask my parent or other adult to do physically active things with me</p> <p>I can be physically active during my free time on most days even if I could watch TV or play video games instead</p> <p>I can be physically active during my free time on most days even if it is very hot or cold outside</p> <p>I can ask my best friend to be physically active with me during my free time on most days</p> <p>I can be physically active during my free time on most days even if I have to stay at home</p> <p>I have the coordination I need to be physically active during my free time on most days</p> <p>I can be physically active during my free time on most days no matter how busy my day is</p>	(1, 2)
Barriers	<p>I don't know how to do the physical activity that I want to do</p> <p>I'm chosen last for teams</p> <p>It would make me embarrassed</p> <p>I might get hurt or sore</p> <p>It would make me tired</p>	(1, 2)
Enjoyment	<p>Because it's fun</p> <p>Because it makes me happy</p> <p>Because I think it's interesting</p> <p>Because I enjoy this activity</p> <p>Because I find this activity stimulating</p> <p>Because I like to do this activity</p>	(1-3)
Appearance	<p>Because I want to lose, gain or maintain weight so I look better</p> <p>Because I want to develop my muscles so I look better</p> <p>Because I want to improve my appearance</p> <p>Because I want to look good to others</p> <p>Because I want to improve my body shape</p> <p>Because I want to feel good about the way I look</p>	(2, 3)
Fitness	<p>Because I want to be physically fit</p> <p>Because I want to be strong and healthy</p> <p>Because I want to stay healthy and feel good about myself</p>	(2, 3)
Competence	<p>Because I want to learn new skills</p> <p>Because I want to improve my current skills</p> <p>Because I like the challenge</p> <p>Because I want to get better at physical activity</p>	(2, 3)
Social	<p>Because I like to be with others who are interested in this activity</p> <p>Because I want to meet new people</p> <p>Because I like spending time with others doing this activity</p>	(2, 3)
PA self-schema	<p>I am someone who exercises regularly</p> <p>How important is it to you to be someone who exercises regularly</p> <p>I am someone who keeps physically fit</p> <p>How important is it to you to be someone who keeps physically fit</p> <p>I am physically active</p> <p>How important is it to you to be someone who is physically active</p>	(4, 5)

Perception of skill

Compared to others of the same age and gender, how good are you at sports

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**Child-Report Interpersonal Variables**

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Parent support

(6)

During a normal week, how often has he (male adult who you live with most of the time) done a physical activity or played sports with you

During a normal week, how often has he provided transportation to a place where you can do physical activities or play sports

During a normal week, how often has he watched you participate in physical activities or sports

During a normal week, how often has he told you that you are doing well in physical activities or sports

During a normal week, how often has she (female adult who you live with most of the time) done a physical activity or played sports with you

During a normal week, how often has she provided transportation to a place where you can do physical activities or play sports

During a normal week, how often has she watched you participate in physical activities or sports

During a normal week, how often has she told you that you are doing well in physical activities or sports

Parent encouragement

(6)

During a normal week, how often has he (male adult who you live with most of the time) encouraged you to do physical activities or play sports

During a normal week, how often has she (female adult who you live with most of the time) encouraged you to do physical activities or play sports

Friend support

(6)

During a normal week, how often do your friends encourage you to do sports or physical activities

During a normal week, how often do your friends do physical activities or play sports with you

During a normal week, how often do your friends tell you that you are doing well at physical activities or sports

Number of active friends

How many of your five closest friends are physically active on a regular basis

Encourage peers

During a normal week, how often do you encourage your friends to do physical activity or organized games or sports

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**Child-Report Home Environmental Variables**

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PA equipment

(7)

At home there are enough supplies and pieces of sports equipment (like balls, bicycles, skates) to use for physical activity

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**Parent-Report Intrapersonal Variables**

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Child enjoy PA

(8)

How much does your child enjoy physical activity

Importance of child PA

How important is it to you that your child regularly participates in sports and physical activities

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**Parent-Report Interpersonal Variables**

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Support for PA

(8)

Encourage your child to do physical activity or play outside

Play outside or do physical activity with your child

Provide transportation to a place where he or she can do physical activity or play

Watch your child participate in physical activities or outdoor games

Parent leisure time PA

(9)

During leisure time I watch television

During leisure time I walk

During leisure time I cycle  
During leisure time I sweat  
During leisure time I play sport

Parent sports

(9)

How many hours per week (Do you play (1<sup>st</sup> listed) sport)  
How many months per year (Do you play (1<sup>st</sup> listed) sport)  
How many hours per week (Do you play (2<sup>nd</sup> listed) sport)  
How many months per year (Do you play (2<sup>nd</sup> listed) sport)

Parent enjoys PA

How enjoyable do you find participating in sports or exercise

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**Parent-Report Home Environmental Variables**

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PA equipment at home

(10)

Basketball Hoop/Sports Goal; Big Yard/Empty Field; Indoor Play Space; Cardio Equipment (treadmill/bike, etc.); Jungle Gym/Tree House; Wheeled Toys (scooter, bike, skates, skateboard); Active Equipment (balls, jump rope, Frisbees, racquets); Swimming Pool; Trampoline; Weigh Lifting Equipment; Bicycle, Exercise Videos; Swings/Slides; Other

Parental rules for PA/sedentary behavior

(11)

I allow my child to play video games or computer games as much as he/she wants  
I allow my child to watch as much TV as he/she wants  
If my child has been occupied for a long time with inside activities and the weather is nice, I encourage him/her to play outside

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**Neighborhood Physical Activity Environment** (Score of 3 is non-supportive; <3 is supportive)

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Physical incivilities

(12, 13)

Score of 1 if any of the following were present: Vacant residences; poor ground condition; moderate/considerable litter; graffiti; poor commercial building condition; vacant commercial buildings; poor condition of public spaces

Lack of social spaces

(12, 13)

Score of 1 if they had less than 3 of the following: 1/3 or more of homes with yards; 1/3 or more of homes with porches; parks; parks in good condition; streets not a busy thoroughfare; sidewalks on both sides of street; people present on street segment; 2+ children playing on street segment; non-residents on street segment (e.g., service workers)

PARA Index Score

(14)

Score of 1 if they were below the 50<sup>th</sup> percentile of the PARA Index Score across the following facilities within a 2mile buffer of their home: churches, commercial facilities, trails, parks and schools. PARA Index Score was calculated for each facility by multiplying the number of features present by the quantity of one minus the number of incivilities divided by seven (the total possible number of incivilities)

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## References

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