Supplementary File 1. Transportation questionnaire

Instructions: *We are interested to learn more about how you travel from place to place, and the things that affect your choice of method of transportation.* ***Please respond to the following questions for the present*** *and* ***for the same time of the year in 2016****. This will allow us to see how your travel choices have evolved over the last 2 years. There are no good or bad answers*.

The following questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

1. During the **last 7 days**, on how many days did you travel in a **motor vehicle** like a train, bus, car or tram?
   Last 7 days: _____ days per week   2016: _____ days per week

   ☐ No travel in a motor vehicle → Go to question 3

2. How much time did you usually spend on one of those days traveling in a train, bus, car or tram, or other kind of motor vehicle?
   Last 7 days: _____ hours per day   2016 _____ hours per day

   Last 7 days: _____ minutes per day   2016 _____ minutes per day

3. During the **last 7 days**, on how many days did you **bicycle** for at least 10 minutes at a time to go from place to place?
   Last 7 days: _____ days per week   2016: _____ days per week

   ☐ No bicycle from place to place → Go to question 5

4. How much time did you usually spend on those days to bicycle from place to place?
   Last 7 days: _____ hours per day   2016 _____ hours per day

   Last 7 days: _____ minutes per day   2016 _____ minutes per day

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time to go from place to place?
   Last 7 days: _____ days per week   2016: _____ days per week

   ☐ No walking from place to place → Go to question 7

6. How much time did you usually spend on those days to walk from place to place?
   Last 7 days: _____ hours per day   2016 _____ hours per day

   Last 7 days: _____ minutes per day   2016 _____ minutes per day

7. The following questions are about your **<u>current</u>** attitudes toward cycling, walking and driving. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

Statement	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I like riding a bike					
Biking can sometimes be easier for me than driving					
I prefer to bike rather than drive whenever possible					
I like walking					
Walking can sometimes be easier for me than driving					
I prefer to walk rather than drive whenever possible					
Traveling by car is safer overall than riding a bicycle					
Traveling by car is safer overall than taking transit					
Traveling by car is safer overall than walking					

8. The following questions are about your attitudes toward cycling, walking and driving **<u>at the same time of the year in 2016</u>**. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

Statement	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I like riding a bike					
Biking can sometimes be easier for me than driving					
I prefer to bike rather than drive whenever possible					
I like walking					
Walking can sometimes be easier for me than driving					
I prefer to walk rather than drive whenever possible					
Traveling by car is safer overall than riding a bicycle					
Traveling by car is safer overall than taking transit					
Traveling by car is safer overall than walking					

9. The following questions are about your **<u>current</u>** cycling habits. Please answer on a scale of 1 to 7 for each statement that start with "*cycling for transportation is something…*" by drawing an X in the appropriate box **(1 = strongly disagree; 7 = strongly agree)**

Cycling for transportation is something…	1	2	3	4	5	6	7
I do automatically							
I do without having to consciously remember							
I do without thinking							
I start doing before I realize I'm doing it							

10. The following questions are about your cycling habits **<u>at the same time of the year in 2016</u>**. Please answer on a scale of 1 to 7 for each statement that start with "*cycling for transportation is something…*" by drawing an X in the appropriate box **(1 = strongly disagree; 7 = strongly agree)**

Cycling for transportation is something…	1	2	3	4	5	6	7
I do automatically							
I do without having to consciously remember							
I do without thinking							
I start doing before I realize I'm doing it							

11. The following questions are about how significant others **<u>currently</u>** view cycling in your opinion. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

Statements	1	2	3	4	5
If I was to use cycling regularly, most of the people who are important to me would (strongly disapprove = 1; strongly approve = 5)					
Most of the people who are important to me would recommend that I use cycling on a regular basis (strongly disagree = 1; strongly agree = 5)					
The people who are most important to me think I should use cycling on a regular basis (strongly disagree= 1; strongly agree = 5)					

12. The following questions are about how significant others viewed cycling **at the same time of the year in 2016** in your opinion. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

Statements	1	2	3	4	5
If I was to use cycling regularly, most of the people who are important to me would (strongly disapprove = 1; strongly approve = 5)					
Most of the people who are important to me would recommend that I use cycling on a regular basis (strongly disagree = 1; strongly agree = 5)					
The people who are most important to me think I should use cycling on a regular basis (strongly disagree= 1; strongly agree = 5)					

13. The following questions are about how you **currently** perceive traffic in your neighborhood. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
There is so much traffic along nearby streets that it makes it difficult or unpleasant to cycle in my neighborhood				
The speed of traffic in most nearby streets is usually slow (50 km/h or less)				
Most drivers exceed the posted speed limits while driving in my neighborhood				

14. The following questions are about how you perceived traffic in your neighborhood **at the same time of the year in 2016**. Please indicate your level of agreement with each statement below by drawing an X in the appropriate box:

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
There is so much traffic along nearby streets that it makes it difficult or unpleasant to cycle in my neighborhood				
The speed of traffic in most nearby streets is usually slow (50 km/h or less)				
Most drivers exceed the posted speed limits while driving in my neighborhood				

Socio-demographic questions

15. I am a: ☐ female   ☐ male   ☐ other (e.g., transgender)   ☐ prefer not to answer

16. I am: _____ years old

17. My highest level of education is:
    a. Less than high school
    b. High School
    c. Some college
    d. Undergraduate degree
    e. Graduate degree

18. I own a bicycle:
    a. Yes
    b. No

19. I own or rent a motor vehicle:
    a. Yes
    b. No

20. What else do you think might be needed to make cycling safer and more attractive in the City of Lethbridge?

_____
_____
_____
_____

21. If you wish to enter the draw to win a $100 gift certificate at a local bicycle shop, please provide us with your name and either an email address or phone number where we could reach you.

_____

Thank you so much for taking the time to respond to the survey! ☺