Supplementary Files

Appendix A
Cycling Questions

1. To best of your knowledge approximately how far did you bike during the last year? ___ (please circle miles or kilometers).

2. During an average week in the summer how many times do you bike? ___

3. During an average week in the summer how far do you bike? (please circle miles or kilometers)"

On a 7-point scale with 1 being "not at all" and 7 being "very much" answer the following questions:

4. To what extent do you find biking enjoyable?

5. To what extent do you find biking boring?

6. To what extent do you find biking interesting?

7. To what extent do you find biking a waste of time?

8. To what extent do you find biking fun?

9. Does biking make you sad or happy?" (1 very sad, 7 very happy)

Appendix B
Bike Computer Survey

1. During your usual biking, do you use a bike computer?

2. If yes what do you measure? (circle all that apply)

   a. speed, distance, time, calories, power, cadence, heart rate, elevation (climbing), temperature, routes, other (please list).

   b. If yes what measurements do you keep track over the course of a year (for uploading, for training, self-comparison, social comparisons, Strava KOMs etc.)? (circle all that apply: speed, distance, time, calories, power, cadence, heart rate, elevation (climbing), temperature, routes, other (please list).

3. If yes what do you measure? (circle all that apply)

4. Do you use Strava?

5. Do you use Garmin Connect or another social platform (besides Strava) to load your biking data?

On a 7-point scale with 1 being "not at all" and 7 being "very much" answer the following questions:

6. "If you use a bike computer to what extent does it make biking more enjoyable?

7. If you use a bike computer to what extent does it make biking more interesting?

8. If you use Strava to what extent does it make biking more enjoyable?

9. If you use Strava to what extent does it make biking more interesting