

## Supplemental Table: Year 1 - Qualitative Interview Guide

- 1) During the 2015/16 School Year were you able to use the Wellness Center (WC)?
- 2) (Probe) Tell me about that?  
(Probe) Get an estimate of how many visits they made?  
(Probe) How they used the WC when they did visit? This will be explored in depth below.

If answer is NO – explore briefly for reasons why they did not use and recommendations.  
*(Interview ends here for these respondents)*

If answer is YES – explore initial motivation for use of WC (in their own words)

- 3) What we are interested in are the effects of using the wellness center that go beyond your time in the gym. What is the first thing that comes to mind?

### Probes (if not mentioned in the open-ended question)

- a) What did you notice about your energy level? Right away, over time?
  - b) Did your level of fatigue change?
  - c) What did you notice about other lifestyle habits beyond the exercise?
  - d) What about your sleep? Any changes there?
  - e) Let's talk about your food choices throughout the day? Did you notice anything different there? What about your meals with family and friends outside of school? Any changes?
  - f) Did you notice any influence on your overall interactions with family and friends? Any differences socializing?
  - g) Did anything about your teaching life change?
  - h) Better emotional health (whatever that means to the respondent)
  - i) Different way to socialize with colleagues
  - j) Role model for others (students, family members)
- 4) Did you meet the goals you had set for yourself?  
(Probe) – Tell me about that.
  - 5) What would you like to see added or changed for next year?
  - 6) Anything else you would like to add?

*Thank you for your time.*

## Supplemental Table (con't): Year 2 - Qualitative Interview Guide

*Demographics of respondent collected (on recording or paper)*

- 1) During the 2016/17 School Year were you able to use the Wellness Center (WC)?
- 2) (Probe) Tell me about that?  
(Probe) Get an estimate of how many visits they made?  
(Probe) Were you able to use the WC over the summer?  
(Probe) How they used the WC when they did visit? This will be explored in depth below

If answer is NO – explore briefly for reasons why they did not use and recommendations.  
Interview ends here for these respondents

If answer is YES – explore initial motivation for use of WC (in their own words)

- 3) What we are interested in are the effects of using the wellness center that go beyond your time in the gym. What is the first thing that comes to mind?

**Probes** (if not mentioned in the open-ended question)

- a) What did you notice about your energy level? Right away, over time?
  - b) Did your level of fatigue change?
  - c) What did you notice about other lifestyle habits beyond the exercise?
  - d) What about your sleep? Any changes there?
  - e) Let's talk about your food choices throughout the day? Did you notice anything different there? What about your meals with family and friends outside of school? Any changes?
  - f) Did you notice any influence on your overall interactions with family and friends? Any differences socializing?
  - g) Did you bring any of the habits that you developed at school home with you to share with your family, or continue them over the summer?
  - h) Did anything about your teaching life change?
  - i) Did you incorporate anything you learned at the WC into the classroom or did your students notice any changes due to the wellness center?
  - j) Better emotional health (whatever that means to the respondent)
  - k) Different way to socialize with colleagues
  - l) Role model for others (students, family members)
- 5) Did you meet the goals you had set for yourself?  
(Probe) – Tell me about that.
  - 6) What would you like to see added or changed for next year?
  - 7) Anything else you would like to add?

*Thank you for your time.*