Additional file 2

Students’ dietary behaviour in the week prior to the survey at T₀, T₁ and T₂

Fruit and Vegetables

Fruit ≥ 1 serve/day
Vegetables ≥ 2 serves/day

High Fat Food

Processed or preserved meat ≥ 4 times
Deep fried food ≥ 4 times
Crispy food ≥ 4 times

High Sugar Food and Beverage

Sugary beverage ≥ 4 times
Dessert ≥ 4 times
Sweet or chocolate ≥ 4 times

Self Control

Avoid overeating
Removed fat or skin from meat or poultry

Students’ exercise habit in the week prior to the survey at T₀, T₁ and T₂

30-min light intensity exercise ≥ 3 days
60-min moderate intensity exercise ≥ 3 days
20-min aerobic exercise ≥ 3 days
Strengthening exercise ≥ 3 days

Students’ attitude towards exercise at T₀, T₁ and T₂

I like exercise
I have excuses for not doing exercise
I am fear of sport injury
My parents have discussed about negative effects of inactivity with me

Parent reported exercise habit of their children at T₀, T₁ and T₂

My child is eager to participate in sport activities
My child does housework with me every day
Self-esteem of students at T₀, T₁ and T₂

I am satisfied with myself on the whole

I have a number of good qualities

Proportion of parents reported deep-frying as a commonly used home cooking method at T₀, T₁ and T₂

Deep-frying was a commonly used cooking method at home

Parents’ action to encourage children in sport participation at T₀, T₁ and T₂

Encouraged children to engage in sport

Told children about the benefits of exercise and the negative effects of inactivity

Praised children for doing exercise

Bought sports equipment to children

Exercise with children at least 20 minutes ≥ 1 times/wk