

Supplementary Table. Characteristics of objectively measured sedentary behavior and physical activity

| | Workdays | | Non-workdays | |
|---------------------|----------|------|--------------|------|
| | Mean | SD | Mean | SD |
| Accelerometer data | | | | |
| Wear time (minutes) | | | | |
| Morning | 307.5 | 44.9 | 261.5 | 62.9 |
| Afternoon | 355.2 | 15.1 | 344.8 | 33.4 |
| Evening | 274.3 | 52.8 | 274.2 | 62.8 |
| SB (minutes) | | | | |
| Morning | 146.6 | 58.6 | 135.2 | 50.3 |
| Afternoon | 192.5 | 71.0 | 191.6 | 60.7 |
| Evening | 168.2 | 48.3 | 183.9 | 58.9 |
| LPA (minutes) | | | | |
| Morning | 129.4 | 57.2 | 105.3 | 49.5 |
| Afternoon | 134.9 | 59.2 | 128.3 | 52.3 |
| Evening | 88.0 | 35.6 | 79.6 | 39.1 |
| MVPA (minutes) | | | | |
| Morning | 31.5 | 23.2 | 21.1 | 18.9 |
| Afternoon | 27.8 | 22.6 | 24.9 | 19.2 |
| Evening | 18.1 | 13.8 | 10.7 | 10.2 |

LPA, light-intensity physical activity; MVPA, moderate-to-vigorous intensity physical activity; SB, sedentary behavior; SD, standard deviation.