**Supplementary Table 1. Baseline physical activity according to trajectories of change in PA over three time points, (n=1419).**

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|  | Categories defined by whether or not PA guidelines were met at time 1, time 2 and time 31 | | | | | |
|  | Stable High (n=112) | Decreaser (n=116) | Increaser (n=69) | Inconsistent (n=39) | Stable low (n=1083) | Total (n=1419) |
| Minutes spent in SB /day 2,3 | 560 (536,584) | 593 (573,613) | 617 (588,646) | 568 (526,611) | 629 (622,637) | 619 (613,626) |
| Minutes spent in LIGHT /day 2,4 | 206 (188,224) | 197 (182,212) | 201 (179,223) | 228 (189,268) | 196 (189,202) | 197 (193,203) |
| Minutes spent in MVPA 1+ /day 2,5,6 | 85 (76,96) | 60 (52,69) | 42 (35,51) | 67 (54,83) | 27 (25,29) | 35 (33,38) |
| Minutes spent in MVPA 10+/day 2,5,7 | 47 (41,55) | 26 (22,31) | 12 (9,16) | 15 (11,21) | 4 (3,4) | 9 (8,11) |
| N sedentary bouts of ≤15 minutes /day2 | 60.3 (56.4,64.1) | 59.7 (55.6,63.8) | 61.3 (55.8,66.9) | 55.5 (48.2,62.9) | 61.9 (60.3,63.6) | 61.4 (60.0,62.8) |
| N sedentary bouts of 15-30 minutes /day2 | 5.4 (4.9,5.8) | 6.0 (5.5,6.4) | 5.9 (5.3,6.6) | 5.0 (4.1,5.9) | 6.0 (5.8,6.2) | 5.9 (5.8,6.1) |
| N sedentary bouts of 30-60 minutes /day2 | 3.0 (2.7,3.4) | 3.3 (2.9,3.6) | 3.3 (2.8,3.8) | 3.4 (2.8,4.0) | 3.5 (3.4,3.7) | 3.5 (3.4,3.6) |
| N sedentary bouts of 60-120 minutes /day2 | 1.0 (0.9,1.3) | 1.2 (0.9,1.4) | 1.1 (0.8,1.5) | 1.0 (0.9,1.2) | 1.3 (1.2,1.3) | 1.2 (1.2,1.3) |
| N sedentary bouts of >60 minutes /day2 | 1.2 (1.0,1.4) | 1.4 (1.1,1.6) | 1.6 (1.3,1.8) | 1.3 (1.0,1.8) | 1.5 (1.4,1.6) | 1.4 (1.4,1.5) |