**Supplementary Table 2. Annual percentage change in PA according to trajectories of change in PA over three time points, (n=1419).**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Categories defined by whether or not PA guidelines were met at time 1, time 2 and time 31 | | | | |
| Physical activity | Stable High (n=112) | Decreaser (n=116) | Increaser (n=69) | Stable low (n=1083) | Total  (n=1419) |
| Minutes spent in SB per day 1,2 | **5.9 (0.8,11.0)** | **15.1 (10.2,20.0)** | -0.5 (-7.7,6.7) | **9.2 (7.5,10.9)** | **8.8 (7.2,10.3)** |
| Minutes spent in LIGHT/day  1,3 | -1.0 (-4.9,2.9) | -0.8 (-4.7,3.2) | **-10.6 (-16.7,-4.5)** | **-6.1 (-7.6,-4.6)** | **-5.1 (-6.4,-3.9)** |
| Minutes spent in MVPA 1+/day 1,4,5 | **-3.4 (-6.0,-1.7)** | **-14.5 (-16.3,-12.1)** | **7.7 (5.1,10.7)** | **-3.3 (-3.6,-2.7)** | **-3.6 (-3.9,-2.8)** |
| Minutes spent in MVPA 10+/day 1,4,6 | -1.4 (-3.8,0.5) | **-11.6 (-12.6,-10.5)** | **9.1 (7.0,11.7)** | **-0.6 (-0.8,-0.5)** | **-1.0 (-1.3,-0.6)** |
| N sedentary bouts of ≤15 minutes/day1 | -0.1 (-1.2,0.9) | **1.2 (0.1,2.3)** | **-3.1 (-4.7,-1.4)** | **-1.1 (-1.5,-0.6)** | **-0.8 (-1.1,-0.4)** |
| N sedentary bouts of >15-30 minutes/day1 | -0.1 (-0.2,0.1) | 0.0 (-0.1,0.2) | -0.0 (-0.3,0.2) | -0.0 (-0.1,0.0) | -0.0 (-0.1,0.0) |
| N sedentary bouts of >30-60 minutes/day1 | 0.1 (-0.0,0.2) | 0.1 (-0.0,0.2) | 0.1 (-0.1,0.2) | **0.1 (0.0,0.1)** | **0.1 (0.0,0.1)** |
| N sedentary bouts of >60-120 minutes/day1 | 0.0 (-0.0,0.1) | **0.1 (0.0,0.1)** | **0.1 (0.1,0.1)** | **0.1 (0.0,0.1)** | **0.1 (0.0,0.1)** |
| N sedentary bouts of >60 minutes/day1 | 0.1(-0.0,0.1) | **0.1(0.0,0.2)** | 0.1 (-0.1,0.2) | **0.1 (0.1,0.1)** | **0.1 (0.1,0.1)** |
| 1 Means are adjusted for age, day order, season, region and wear time | | | | | |
| 2 Sedentary Behaviour (SB) is at least one minute where the accelerometer registers values <100cpm | | | | | |
| 3 LIGHT is at least one minute where the accelerometer registers values between 100-1040cpm | | | | | |
| 4 IRR estimates from negative binomial model are converted to estimates of % or absolute change. | | | | | |
| 5 MVPA 1+ is at least one minute where the accelerometer registers values over 1040cpm | | | | | |
| 6 MVPA 10+ is a bout where the accelerometer registers values over 1040cpm for at least 10 consecutive minutes | | | | | |
| 7 A break in Sedentary Behaviour (SB) is at least one minute where the accelerometer registers >100cpm following a sedentary bout | | | | | |