**Supplementary Table 1.** 2018 Physical Activity Guidelines Advisory Committee Grading Criteria.

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| **Level of Evidence** | **Applicability** | **Generalizability to the U.S. Population of Interest** | **Risk of Bias/Study Limitations (Determined by NEL BAT or AMSTARExBP)** | **Quantity & Consistency of Results across Available Studies** | **Magnitude & Precision of Effect** |
| **Strong** | Study populations, exposures, and outcomes are directly related to the question | Studied population, exposure, & outcomes are free from serious doubts about generalizability | Studies are of strong design, free from methodological concerns, bias, and execution problems | Many studies have been published and the results are highly consistent in direction & approximate size of effect | The magnitude & precision of the estimated effect provide considerable confidence in the accuracy of the findings |
| **Moderate** | Some of the study populations, exposures, or outcomes are directly related to the question | Minor doubts about generalizability | Studies are of strong design with minor methodological concerns OR studies of weaker study design | A moderate number of studies have been published with some inconsistency in direction or size of effect | The magnitude & precision of the estimated effect provide confidence in the accuracy of the findings |
| **Limited** | Most of the study populations, exposures, & outcomes relate to the question indirectly  | Serious doubts about generalizability due to narrow or different study population, exposure, or outcomes studied | Studies of weak design OR inconclusive findings due to design flaws, bias, or execution problems | Few studies have been published with some inconsistency in direction or size of effect | The magnitude & precision of the estimated effect provide some but not a lot of confidence in the accuracy of the findings |
| **Not Assignable** | All of the study populations, exposures, & outcomes relate to the question indirectly | Highly unlikely that the studied population, exposure, &/or outcomes are generalizable to the U.S. population | Serious design flaws, bias, or execution problems across the body of evidence | Findings are too disparate to synthesize OR single small study unconfirmed by other studies | Magnitude and precision of effect cannot be determined |