Diagram

Description automatically generated with medium confidence

**Figure S1:** Trajectories of sedentary time in Active couch potatoes, Sedentary light movers, Sedentary exercisers, and Movers across the 7 days of the week (Monday to Sunday). The colored dashed lines and bars show the mean with a 95% confidence interval of sedentary time each day within the four profiles. The solid white lines mark 8 and 10 hours of daily sedentary time.

Diagram

Description automatically generated with medium confidence

**Figure S2**: Trajectories of light-intensity physical activity (LPA) in Active couch potatoes, Sedentary light movers, Sedentary exercisers, and Movers across the 7 days of the week (Monday to Sunday). The colored dashed lines and bars show the mean with a 95% confidence interval of LPA each day within the four profiles.

A picture containing graphical user interface

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**Figure S3**: Trajectories of moderate-to-vigorous physical activity (MVPA) in Active couch potatoes, Sedentary light movers, Sedentary exercisers, and Movers across the 7 days of the week (Monday to Sunday). The colored dashed lines and bars show the mean with a 95% confidence interval of MVPA each day within the four profiles. The solid white lines mark 22 to 43 MVPA minutes, totaling approximately 150–300 MVPA minutes per week.