

**Figure S4:** Trajectories of sedentary time, light-intensity physical activity (LPA), and 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) after excluding approximately 20% of participants (N=3000) from the cluster analysis. The colored dashed lines and bars show the mean with a 95% confidence interval of sedentary time, LPA, and MVPA each day within the four profiles. The solid white lines on the sedentary graph mark 8 and 10 hours of daily sedentary time, and the solid white lines on the MVPA graph mark 22 to 43 minutes, totaling approximately 150–300 minutes per week.