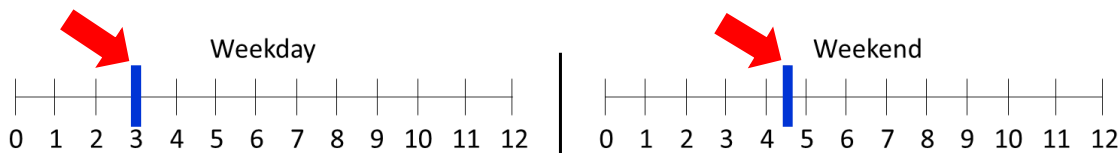


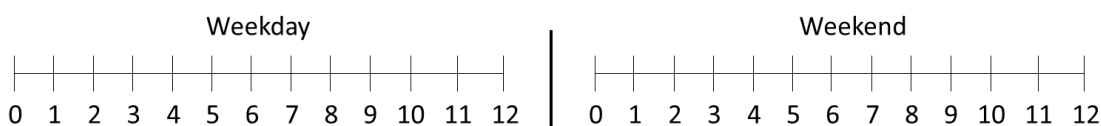
Supplementary Material File S1. Activity Survey

Please estimate and mark the number of hours **PER DAY** you spend involved in these various activities for **weekday (Monday-Friday)** and a **weekend day (Saturday-Sunday)** for the **CURRENT ONE WEEK PERIOD (sensor wear period)**

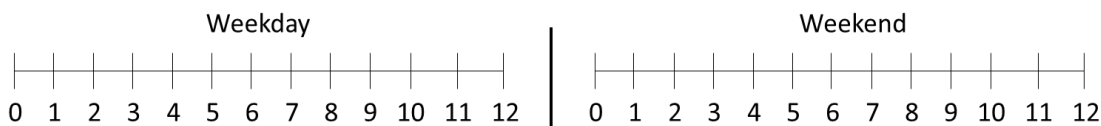
For example, if you spend 3 hours on a weekday and 4.5 hours on a weekend day, please mark it like this:



1. How many hours per day do you spend in outdoor physical activity, such as sports, hiking, walking, biking, running, etc.?



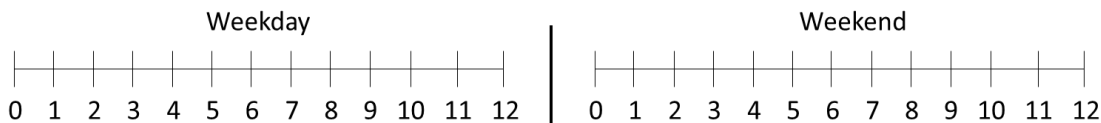
2. How many hours per day do you spend in outdoor leisure activity, such as eating outdoors, sitting on a patio, etc?



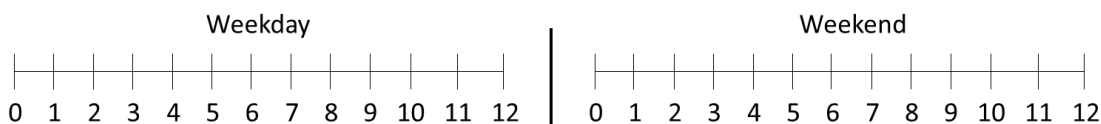
3. How many hours per day do you spend driving or riding in vehicle, such as a car, bus, train, etc?



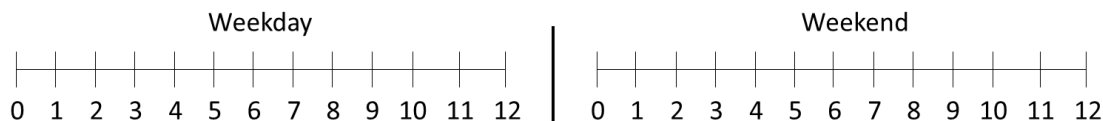
4. How many hours per day do you spend in indoor physical activities and sports, such as exercise, martial arts, indoor basketball, etc.?



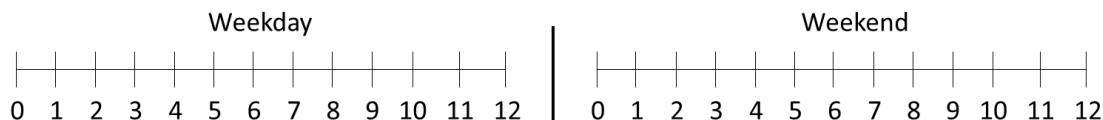
5. How many hours per day do you spend participating in fine arts (theatre, choir, orchestra, band, playing an instrument, etc.)



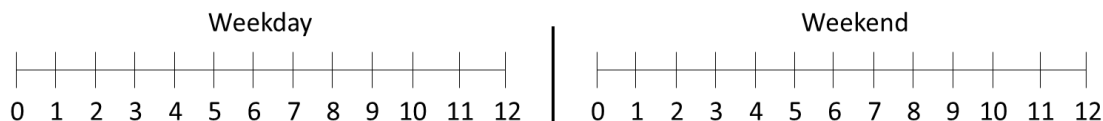
6. How many hours per day do you spend viewing a television screen, whether you are watching shows or playing video games?



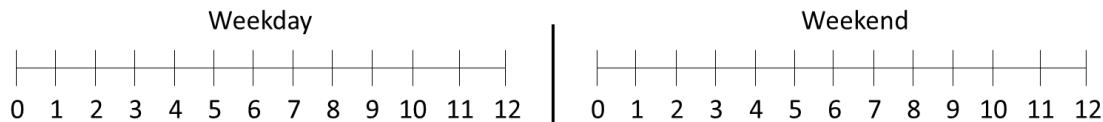
7. How many hours per day do you spend viewing a computer screen, whether you are working, browsing, watching shows, playing games, etc.?



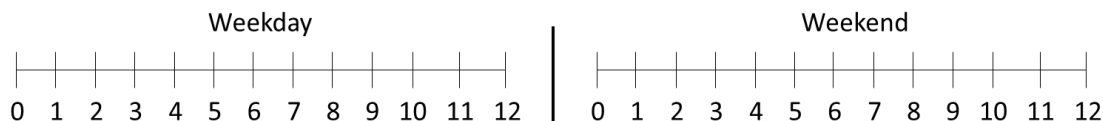
8. How many hours per day do you spend viewing a handheld electronic device, such as a phone, tablet, or kindle, whether you are working, browsing, watching shows, playing games, etc.?



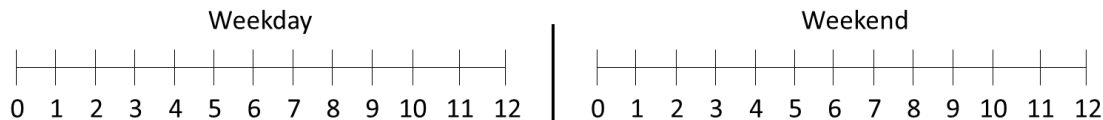
9. How many hours per day do you spend reading printed material, such as books, magazines, newspaper, work material, etc.?



10. How many hours per day do you spend writing, drawing, painting, or crafting?



11. How many hours per day do you spend playing cards or board games (not electronic)?



12. How many hours of sleep do you get each night?

