

Table S1. Systematic search strategies

MEDLINE	"Exercise"[MeSH Terms] AND ("chronotype"[All Fields] OR "chronotyped"[All Fields] OR "chronotypes"[All Fields])
	((("chronotype"[All Fields] OR "chronotyped"[All Fields] OR "chronotypes"[All Fields]) AND ("exercise"[MeSH Terms] OR "exercise"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields])) AND (y_10[Filter])
	((("chronotype"[All Fields] OR "chronotyped"[All Fields] OR "chronotypes"[All Fields]) AND ("prefer"[All Fields] OR "preferable"[All Fields] OR "preferably"[All Fields] OR "preferred"[All Fields] OR "preference"[All Fields] OR "preferences"[All Fields] OR "preferred"[All Fields] OR "preferring"[All Fields] OR "prefers"[All Fields]) AND ("exercise"[MeSH Terms] OR "exercise"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields])) AND (y_10[Filter])
	((("acrophase"[All Fields] OR "acrophases"[All Fields]) AND ("chronotype"[All Fields] OR "chronotyped"[All Fields] OR "chronotypes"[All Fields]) AND ("exercise"[MeSH Terms] OR "exercise"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields])) AND (y_10[Filter])
	((("chronotype"[All Fields] OR "chronotyped"[All Fields] OR "chronotypes"[All Fields]) AND ("sedentaries"[All Fields] OR "sedentariness"[All Fields] OR "sedentary"[All Fields])) AND (y_10[Filter])
	("morningness"[All Fields] AND ("exercise"[MeSH Terms] OR "exercise"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields])) AND (y_10[Filter])
Trip Database	("chronotype" OR chronotype preference ") AND ("physical activity")
	("morningness") AND ("physical activity")
Psycinfo	("chronotype" OR chronotype preference ") AND ("physical activity")
	("morningness") AND ("physical activity")
Cochrane Library	("chronotype" OR chronotype preference ") AND ("physical activity")
	("morningness") AND ("physical activity")