**Supplementary Table S3.** Tolerance and Variance Inflation Factor (VIF) values for daily behavioral variables.

| **Daily behavioral variables** | **Tolerance** | **VIF** |
|---|---|---|
| Sleep duration | 0.544 | 1.838 |
| Sleep quality | 0.545 | 1.836 |
| Classroom learning—evaluation frequency | 0.215 | 4.646 |
| Reading—planned and implemented | 0.001 | 1218.156 |
| Reading—planned but unimplemented | 0.008 | 124.905 |
| Reading—unplanned but implemented | 0.048 | 20.681 |
| Reading—unplanned and unimplemented | 0.001 | 1370.287 |
| Reading—recording frequency | 0.062 | 16.089 |
| Reading—duration | 0.377 | 2.654 |
| Reading—evaluation frequency | 0.024 | 41.763 |
| Physical exercise—planned and implemented | 0.001 | 1304.741 |
| Physical exercise—planned but unimplemented | 0.116 | 8.630 |
| Physical exercise—unplanned but implemented | 0.004 | 279.928 |
| Physical exercise—unplanned and unimplemented | 0.001 | 1990.110 |
| Physical exercise—recording frequency | 0.012 | 85.904 |
| Physical exercise—duration | 0.404 | 2.477 |
| Physical exercise—evaluation frequency | 0.151 | 6.616 |
| Electronic products—planned and implemented | 0.036 | 28.116 |
| Electronic products—planned but unimplemented | 0.070 | 14.260 |
| Electronic products—unplanned but implemented | 0.010 | 103.947 |
| Electronic products—unplanned and unimplemented | 0.038 | 26.058 |
| Electronic products—frequency of learning recording | 0.232 | 4.318 |
| Electronic products—duration of learning | 0.017 | 59.843 |

| | | |
|---|---|---|
| Electronic products—frequency of entertainment recording | 0.241 | 4.152 |
| Electronic products—duration of entertainment | 0.017 | 59.544 |
| Electronic products—evaluation frequency | 0.001 | 1057.576 |
| Hobbies and interests—planned and implemented | 0.070 | 14.281 |
| Hobbies and interests—planned but unimplemented | 0.006 | 170.308 |
| Hobbies and interests—unplanned but implemented | 0.009 | 114.098 |
| Hobbies and interests—unplanned and unimplemented | 0.329 | 3.039 |
| Hobbies and interests—recording frequency | 0.001 | 1209.204 |
| Hobbies and interests—duration | 0.001 | 866.255 |
| Hobbies and interests—evaluation frequency | 0.020 | 49.510 |
| Social activities—planned and implemented | 0.011 | 91.433 |
| Social activities—planned but unimplemented | 0.001 | 969.502 |
| Social activities—unplanned but implemented | 0.007 | 143.151 |
| Social activities—unplanned and unimplemented | 0.311 | 3.211 |
| Social activities—recording frequency | 0.004 | 238.629 |
| Social activities—duration | 0.361 | 2.773 |
| Social activities—evaluation frequency | 0.567 | 1.764 |
| Frequency of recording self-evaluation scores | 0.324 | 3.086 |
| Average of self-evaluation scores | 0.002 | 608.880 |
| Today's reflection | 0.002 | 405.446 |
| Days of recording | 0.003 | 337.562 |
| Average daily number of planned tasks | 0.242 | 4.136 |
| Average daily number of completed tasks | 0.544 | 1.838 |
| Completion rate of planned tasks | 0.545 | 1.836 |