

Supplementary Table S1. Differences in the number of completed active blocks and squeezing effectiveness between the two types of paradigm.

Age (Years)	Sex	Completed Blocks (Number)		Percentage of Power Bar Uploading in Each Block									
		S	G	1		2		3		4		5	
				S	G	S	G	S	G	S	G	S	G
4	F	1 (1.2)	1.9 (0.7)	45.4 (16.9)	60.0 (12.8)	33.1 (16.7)	45.1 (17.5)	19.4 (19.3)	27.6 (16.2)	14.2 (11.8)	17.5 (11.8)	4.9 (5.5)	9.2 (9.5)
	M	0.8 (1.0)	2.0 (0.8)	37.8 (19.5)	65.2 (10.2)	39.6 (14.6)	44.8 (17.5)	27.8 (14.1)	24.0 (20.0)	23.2 (14.5)	19.3 (18.7)	10.6 (8.2)	15.9 (8.5)
5	F	2.3 (1.5)	3.2 (1.0)	56.0 (16.2)	76.1 (5.4)	52.7 (22.3)	69.0 (7.3)	45.9 (17.5)	59.4 (14.4)	33.2 (15.0)	40.3 (14.9)	19.3 (13.8)	28.0 (17.4)
	M	1.7 (1.4)	3.5 (1.3)	48.0 (16.1)	78.0 (8.5)	45.7 (13.6)	69.9 (9.7)	39.4 (18.3)	59.1 (15.8)	23.8 (14.6)	52.7 (21.0)	17.3 (14.9)	49.2 (21.0)
6	F	3.6 (1.2)	4.4 (0.5)	67.4 (7.9)	81.0 (8.0)	65.8 (5.3)	73.6 (5.3)	51.5 (12.4)	68.2 (6.8)	40.8 (14.5)	63.4 (7.5)	28.4 (18.2)	52.6 (21.0)
	M	3.6 (1.0)	4.7 (0.5)	71.3 (12.0)	83.4 (9.4)	64.4 (10.2)	75.3 (6.8)	56.9 (16.6)	70.1 (9.5)	49.2 (15.1)	67.4 (7.8)	29.2 (17.2)	59.0 (17.9)

F—female, M—male, S—standard, G—gamified.