

## SDC 1. Definitions of step-based metrics

Metric	Definition
<b>Step-based metrics</b>	
Volume indicators (steps/day)	
Step volume	Sum of steps/min accumulated in a day
Peak effort indicators (steps/min)	
Peak 30-min cadence	Average steps/min recorded for the 30 highest, but not necessarily consecutive, minutes in a day
Time spent stepping (min/day)	
Sporadic movement	Daily time at 1–39 steps/min
Non-walking movement	Daily time at 1–69 steps/min
Minimally purposeful stepping	Daily time at $\geq 40$ steps/min
Minimally slow walking	Daily time at $\geq 70$ steps/minute
Brisk ambulation	Daily time at $\geq 100$ steps/minute
Time in non-movement (hours/day)	
Time at zero cadence*	Daily time at 0 steps/min during wear time
<b>Count-based metrics</b>	
Volume indicators (counts/day)	
Count volume	Sum of counts/min accumulated in a day
Time in PA (min/day)	
Light intensity PA	Daily time at 100-1,534 counts/min
Moderate-to-vigorous PA	Daily time at $\geq 1,535$ counts/min
Time in non-movement (hours/day)	
Sedentary time*	Daily time at $\leq 99$ counts/min during wear time
<b>Self-reported metrics</b>	
Volume indicators	
MET-min/day	Weighted sum of min/day in moderate PA (4 METs) and vigorous PA (8 METs)
Time in PA (min/day)	
Moderate-to-vigorous PA	Sum of min/day in moderate and vigorous PA
Time in non-movement (hours/day)	
Sedentary time	Usual daily time spent sitting or reclining

\*Standardized to 16 hours/day of accelerometer wear  
PA, physical activity; MET, metabolic equivalents