

1 **Supplement**

2 *Supplement Table 1: Overview of the models tested with 46 imputed datasets (* p < 0.05, ** p < 0.01, *** p < 0.001)*

		Stress load & recovery parameters			Academic performance-related parameters		
		Estimate b (SE)			Estimate b (SE)		
		Functional Stress Model	Dysfunctional Stress Model	Detachment Model	Attention Difficulties Model	Study Ability Model	
Level 1 time-varying	Intercept	3.848*** (0.100)	2.464*** (0.104)	3.227*** (0.076)	2.292*** (0.063)	12.886*** (0.233)	
	PA behavior	PA breaks via ESD min (cw2)	0.052*** (0.026)	-0.005 (0.008)	0.009 (0.010)	-0.005 (0.007)	0.142*** (0.039)
		LTPA min (cw2)	0.004*** (0.001)	-0.002** (0.001)	0.002** (0.001)	-0.002*** (0.001)	0.011*** (0.003)
	Covariates	Number of breaks (cw2)	0.025 (0.037)	-0.020 (0.023)	-0.060** (0.021)	-0.006 (0.017)	0.178* (0.079)
		Longest stretch of time without a break spent on home studying (cw2)	-0.009 (0.079)	-0.023 (0.037)	-0.126** (0.040)	0.049* (0.028)	0.207 (0.151)
Level 2 time invariant	Age (c2)	0.032 (0.036)	0.012 (0.043)	0.005 (0.026)	0.026 (0.021)	0.035 (0.089)	
	Outcome specific baseline covariates ^{a)}	T0 well-being (c2)	0.045* (0.027)	-0.027 (0.022)			
		T0 detachment (c2)			0.4730*** (0.102)		
		T0 study demands scale (c2)				0.202*** (0.069)	
		T0 SAI (c2)					0.248*** (0.080)

3 ^{a)} Those variables were only included in the appropriate model since they are outcome-specific covariates.

4 cw = centered within, c2 = grand centered, PA = physical activity, ESD = exercise snack digital, LTPA = leisure-times physical activity, SE = standard error

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