

Additional File 1: Weighted mean percents by day of week for latent classes derived from accelerometry among adults (n=7931); NHANES 2003-2006

| | n | Weighted Mean Percents by Day of Week | | | | | | |
|---|------|---------------------------------------|---------|-----------|----------|--------|----------|--------|
| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| <u>Percent of MVPA (Troiano) out of total wearing time per day</u> | | | | | | | | |
| Class 1 - Least active | 5410 | 1.3 | 1.2 | 1.1 | 1.2 | 1.2 | 1.2 | 1.1 |
| Class 2 | 1768 | 4.4 | 4.4 | 4.5 | 4.3 | 4.2 | 3.7 | 3.3 |
| Class 3 | 207 | 5.9 | 5.2 | 5.0 | 5.9 | 5.5 | 10.0 | 12.5 |
| Class 4 | 473 | 9.1 | 9.3 | 9.7 | 9.4 | 8.1 | 5.8 | 4.8 |
| Class 5 - Most active | 73 | 17.5 | 16.1 | 19.2 | 16.3 | 16.0 | 14.5 | 12.4 |
| <u>Percent of MVPA bouts (Troiano) out of total wearing time per day</u> | | | | | | | | |
| Class 1 - Least active | 4765 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Class 2 | 569 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 1.2 | 1.7 |
| Class 3 | 814 | 0.7 | 0.7 | 1.0 | 0.6 | 0.3 | 0.2 | 0.2 |
| Class 4 | 1573 | 2.3 | 2.3 | 2.1 | 2.2 | 1.9 | 1.9 | 1.9 |
| Class 5 - Most active | 210 | 7.9 | 6.2 | 7.6 | 6.5 | 5.9 | 5.9 | 6.0 |
| <u>Percent of MVPA (Matthews) out of total wearing time per day</u> | | | | | | | | |
| Class 1 - Least active | 2330 | 4.4 | 4.3 | 4.2 | 4.4 | 4.6 | 4.6 | 4.0 |
| Class 2 | 3277 | 11.2 | 10.9 | 10.8 | 10.7 | 11.0 | 11.5 | 10.8 |
| Class 3 | 1500 | 18.3 | 18.1 | 17.8 | 18.4 | 18.4 | 17.3 | 15.8 |
| Class 4 | 245 | 23.3 | 21.1 | 20.7 | 21.2 | 23.1 | 31.4 | 31.7 |
| Class 5 | 470 | 27.2 | 30.2 | 29.2 | 29.4 | 25.9 | 18.2 | 16.8 |
| Class 6 - Most active | 109 | 43.1 | 40.0 | 41.7 | 44.8 | 41.1 | 29.5 | 30.5 |
| <u>Percent of MVPA bouts (Matthews) out of total wearing time per day</u> | | | | | | | | |
| Class 1 - Least active | 1233 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Class 2 | 1410 | 0.6 | 0.4 | 0.5 | 0.4 | 0.5 | 1.4 | 1.5 |
| Class 3 | 2827 | 3.0 | 2.8 | 2.5 | 2.7 | 2.7 | 3.5 | 3.3 |
| Class 4 | 1997 | 8.7 | 8.0 | 8.4 | 8.1 | 8.2 | 8.6 | 7.8 |
| Class 5 - Most active | 464 | 22.4 | 24.8 | 22.4 | 24.8 | 22.4 | 15.0 | 13.8 |

Percent of sedentary behavior out of total wearing time per day

| | | | | | | | | |
|---------------------------|------|------|------|------|------|------|------|------|
| Class 1 - Most sedentary | 662 | 82.2 | 82.2 | 82.7 | 81.6 | 82.5 | 81.5 | 83.0 |
| Class 2 | 2090 | 69.1 | 70.3 | 70.1 | 70.4 | 69.4 | 66.7 | 68.7 |
| Class 3 | 2848 | 58.0 | 58.3 | 58.7 | 58.6 | 58.3 | 57.7 | 59.6 |
| Class 4 | 1749 | 46.9 | 45.7 | 46.3 | 45.4 | 45.5 | 48.2 | 51.0 |
| Class 5 - Least sedentary | 582 | 32.6 | 31.5 | 31.5 | 30.8 | 34.5 | 43.5 | 45.2 |

Percent of sedentary bouts out of total wearing time per day

| | | | | | | | | |
|---------------------------|------|------|------|------|------|------|------|------|
| Class 1 - Most sedentary | 587 | 85.1 | 85.8 | 85.5 | 84.4 | 85.4 | 85.5 | 86.7 |
| Class 2 | 1469 | 66.2 | 67.5 | 67.5 | 67.2 | 66.6 | 62.0 | 65.5 |
| Class 3 | 656 | 50.3 | 58.1 | 60.9 | 59.7 | 46.4 | 29.5 | 37.1 |
| Class 4 | 1449 | 49.7 | 47.9 | 46.7 | 47.3 | 50.3 | 57.9 | 58.7 |
| Class 5 | 1951 | 35.5 | 34.1 | 36.4 | 35.7 | 35.5 | 32.7 | 39.7 |
| Class 6 | 288 | 23.1 | 24.0 | 22.4 | 21.4 | 32.3 | 69.1 | 56.0 |
| Class 7 - Least sedentary | 1531 | 19.8 | 18.3 | 17.2 | 17.5 | 18.4 | 22.5 | 26.1 |

MVPA=moderate to vigorous physical activity