

Supplementary Table 1. Hourly step number, cadence, minutes of low and moderate activity per hour (no vigorous activity was detected for this participant), and number of breaks in sedentary time throughout one day for a sample participant.

Time	Step #	Cadence (steps/min)		Activity (min)		Sedentary Break #
		Median	IQR	LPA	MPA	
7am	402	85	74 to 91	4	1	3
8am	796	74	54 to 89	9	3	3
9am	1306	81	56 to 98	8	5	11
10am	1136	64	52 to 76	13	2	9
11am	668	60	52 to 71	6	2	6
12pm	1444	62	50 to 80	16	2	7
1pm	830	61	54 to 80	9	2	4
2pm	1342	56	51 to 74	17	1	7
3pm	988	58	51 to 71	12	0	14
4pm	1728	65	54 to 80	17	3	12
5pm	832	53	45 to 76	10	2	13
6pm	974	75	58 to 87	10	1	4
7pm	424	69	54 to 82	4	0	4
8pm	196	58	54 to 75	2	0	1
9pm	314	81	54 to 95	3	1	0
10pm	98	61	50 to 76	1	0	0
11pm	412	74	60 to 84	7	1	5
12pm	512	63	54 to 75	10	1	8