

## Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

Data collection

Data was captured with software from the Achievement Platform, available as a mobile application for both Android and iOS operating systems, with functionality to connect consumer mobile devices and third-party digital diary apps, as well as enable users to participate and engage in clinical research efforts

Data analysis

Analysis was conducted with Python 3 and the R statistical analysis software

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

Qualified researchers may request access to data and related study documents including the study report, study protocol with any amendments, statistical analysis plan, and dataset specifications. Further details on Sanofi's data sharing criteria, eligible studies, and process for requesting access can be found at: <https://www.clinicalstudydatarequest.com/>.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences  Behavioural & social sciences  Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	<p>We powered the study to detect relevant differences in behavioral features within constipation windows as compared to non-constipation windows. We make the following two assumptions</p> <ul style="list-style-type: none"> <li>• First, (conservatively) each participant experiences one constipation episode over the study window, and as such has an associated “pair” of constipation to non-constipation observations.</li> <li>• Second, each behavioral feature has a 25% change in feature means between paired constipation vs non-constipation windows. This percentage change was selected as an approximate heuristic based on the observed difference in feature means across reported constipation severity levels as observed in the previous CHC Coco Consumer study. Note that this percentage change typically corresponds to a small to moderate effect size, and falls into the range of differences typically observed in features exhibiting meaningful separation of classes for use within a prediction task.</li> </ul> <p>Utilizing a previous population of individuals with self-reported constipation (CHC Coco Consumer Outreach), we computed the mean and standard deviation of each of the 500+ behavioral and physiological features contained within the Evidation feature library (as of spring 2018 when the powering was conducted). For each feature, we then compute the sample size required to achieve a power of 0.8, with a type I error rate of 0.05, adjusted using the Bonferroni correction to control the family-wise error rate. Using these univariate power calculations, we then select the sample size required to detect 90% of differences across all features. All calculations were done using the R statistical computing language.</p> <p>The proposed sample size of 1,500 accounts for 30% loss to follow up (based on previous experience with Evidation-run studies) throughout the study period.</p>
Data exclusions	<p>After completing informed consent, 1,572 participants (85.5%, 1572/1839) completed the final steps required for enrollment, completion of baseline assessment and connection of a Fitbit device, and were then enrolled into the study. Of those, 32 participants did not complete any of the daily surveys, and were removed, leaving 1,540 enrolled persons in the analysis. Analysis of management approaches for constipation was conducted on those individuals who completed all the monthly surveys (<math>n = 1,293</math> or 82% of enrolled), while the behavioral activity analysis was performed on those individuals who satisfied the previously described data density criteria (<math>n = 756</math> or 48% of enrolled).</p> <p>The behavioral analysis population was determined as all enrolled participants with a multi-step process that includes the following [Tudor-Locke 2012, Migueles 2017]:</p> <ol style="list-style-type: none"> <li>1. Estimate Fitbit wear time (in hours) for each user based on available minute-level data extracted from the Fitbit device,</li> <li>2. Any day with wear time <math>&lt; 10</math> hours will be labeled as an invalid day, and</li> <li>3. Removal of all individuals with <math>\geq 7</math> consecutive invalid days.</li> </ol> <p>The enrolled (Monthly) population will be defined as all enrolled participants who completed at least one monthly survey.</p>
Replication	Not applicable
Randomization	Not applicable
Blinding	Not applicable

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

## Materials &amp; experimental systems

- n/a Involved in the study
- Antibodies
- Eukaryotic cell lines
- Palaeontology and archaeology
- Animals and other organisms
- Human research participants
- Clinical data
- Dual use research of concern

## Methods

- n/a Involved in the study
- ChIP-seq
- Flow cytometry
- MRI-based neuroimaging

## Antibodies

Antibodies used

*Describe all antibodies used in the study; as applicable, provide supplier name, catalog number, clone name, and lot number.*

Validation

*Describe the validation of each primary antibody for the species and application, noting any validation statements on the manufacturer's website, relevant citations, antibody profiles in online databases, or data provided in the manuscript.*

## Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)

*State the source of each cell line used.*

Authentication

*Describe the authentication procedures for each cell line used OR declare that none of the cell lines used were authenticated.*

Mycoplasma contamination

*Confirm that all cell lines tested negative for mycoplasma contamination OR describe the results of the testing for mycoplasma contamination OR declare that the cell lines were not tested for mycoplasma contamination.*

Commonly misidentified lines  
(See [ICLAC](#) register)

*Name any commonly misidentified cell lines used in the study and provide a rationale for their use.*

## Palaeontology and Archaeology

Specimen provenance

*Provide provenance information for specimens and describe permits that were obtained for the work (including the name of the issuing authority, the date of issue, and any identifying information).*

Specimen deposition

*Indicate where the specimens have been deposited to permit free access by other researchers.*

Dating methods

*If new dates are provided, describe how they were obtained (e.g. collection, storage, sample pretreatment and measurement), where they were obtained (i.e. lab name), the calibration program and the protocol for quality assurance OR state that no new dates are provided.*

Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Ethics oversight

*Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.*

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals

*For laboratory animals, report species, strain, sex and age OR state that the study did not involve laboratory animals.*

Wild animals

*Provide details on animals observed in or captured in the field; report species, sex and age where possible. Describe how animals were caught and transported and what happened to captive animals after the study (if killed, explain why and describe method; if released, say where and when) OR state that the study did not involve wild animals.*

Field-collected samples

*For laboratory work with field-collected samples, describe all relevant parameters such as housing, maintenance, temperature, photoperiod and end-of-experiment protocol OR state that the study did not involve samples collected from the field.*

Ethics oversight

*Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.*

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Human research participants

Policy information about [studies involving human research participants](#)

Population characteristics	Of the 1,540 enrolled participants, mean age 36.6, and mostly female (72.8%), Caucasian (88.8%) and well educated (69.6% with at least a college degree)
Recruitment	Participants were recruited from the Achievement Platform, described above, which numbers more than 3 million members.
Ethics oversight	The study was approved by Solutions Institutional Review Board (Yarnell, AZ, USA).

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	<i>Provide the trial registration number from ClinicalTrials.gov or an equivalent agency.</i>
Study protocol	<i>Note where the full trial protocol can be accessed OR if not available, explain why.</i>
Data collection	<i>Describe the settings and locales of data collection, noting the time periods of recruitment and data collection.</i>
Outcomes	<i>Describe how you pre-defined primary and secondary outcome measures and how you assessed these measures.</i>

## Dual use research of concern

Policy information about [dual use research of concern](#)

### Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Public health
<input checked="" type="checkbox"/>	<input type="checkbox"/>	National security
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Crops and/or livestock
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ecosystems
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Any other significant area

### Experiments of concern

Does the work involve any of these experiments of concern:

No	Yes	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Demonstrate how to render a vaccine ineffective
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Confer resistance to therapeutically useful antibiotics or antiviral agents
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Enhance the virulence of a pathogen or render a nonpathogen virulent
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Increase transmissibility of a pathogen
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Alter the host range of a pathogen
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Enable evasion of diagnostic/detection modalities
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Enable the weaponization of a biological agent or toxin
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Any other potentially harmful combination of experiments and agents

## ChIP-seq

### Data deposition

- Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links <i>May remain private before publication.</i>	<i>For "Initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.</i>
Files in database submission	<i>Provide a list of all files available in the database submission.</i>
Genome browser session (e.g. <a href="#">UCSC</a> )	<i>Provide a link to an anonymized genome browser session for "Initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.</i>

## Methodology

Replicates	<i>Describe the experimental replicates, specifying number, type and replicate agreement.</i>
Sequencing depth	<i>Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.</i>
Antibodies	<i>Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.</i>
Peak calling parameters	<i>Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.</i>
Data quality	<i>Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.</i>
Software	<i>Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.</i>

## Flow Cytometry

### Plots

Confirm that:

- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

### Methodology

Sample preparation	<i>Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.</i>
Instrument	<i>Identify the instrument used for data collection, specifying make and model number.</i>
Software	<i>Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.</i>
Cell population abundance	<i>Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.</i>
Gating strategy	<i>Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.</i>

Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

## Magnetic resonance imaging

### Experimental design

Design type	<i>Indicate task or resting state; event-related or block design.</i>
Design specifications	<i>Specify the number of blocks, trials or experimental units per session and/or subject, and specify the length of each trial or block (if trials are blocked) and interval between trials.</i>
Behavioral performance measures	<i>State number and/or type of variables recorded (e.g. correct button press, response time) and what statistics were used to establish that the subjects were performing the task as expected (e.g. mean, range, and/or standard deviation across subjects).</i>

## Acquisition

Imaging type(s)

Field strength

Sequence & imaging parameters

Area of acquisition

Diffusion MRI  Used  Not used

## Preprocessing

Preprocessing software

Normalization

Normalization template

Noise and artifact removal

Volume censoring

## Statistical modeling & inference

Model type and settings

Effect(s) tested

Specify type of analysis:  Whole brain  ROI-based  Both

Statistic type for inference (See [Eklund et al. 2016](#))

Correction

## Models & analysis

n/a	Involvement in the study
<input type="checkbox"/>	<input type="checkbox"/> Functional and/or effective connectivity
<input type="checkbox"/>	<input type="checkbox"/> Graph analysis
<input type="checkbox"/>	<input type="checkbox"/> Multivariate modeling or predictive analysis

Functional and/or effective connectivity

Graph analysis

Multivariate modeling and predictive analysis