

Objectively measured
physical activity

Self-rated physical activity

Active

Inactive

Active

Realistic Active (RA)
N=52 (14.3%)Underestimator (UE)
N=82 (22.5%)

Inactive

Overestimator (OE)
N=106 (29.0%)Realistic Inactive (RI)
N=125 (34.3%)