

Additional file 1: Weekly Schedule

Dear study participants,

Thank you for your interest in the study. As you have already learned from the information letter, we aim to gather information about your physical activity habits. In this initial phase, it is essential for us to obtain a detailed overview of your weekly routine. It is important that you share all activities, whether they involve sitting, moving, exercising, attending school, or any other relevant activities. This will enable us to construct an accurate representation of your typical week.

Below, you will find two examples of schedules that illustrate how you can provide this information. Please start with your waking time and conclude with your bedtime. There should be no time gaps, meaning each activity should be followed by the next one chronologically. If the provided lines are not sufficient, please feel free to add more. If you have any questions, please don't hesitate to contact Franzi Beck at franzi.beck@fau.de.

Thank you for your participation.

Activity Descriptions:

Below is a summary of the 5 intensity levels along with illustrative activity examples:

Sleeping	inactivity	light intensity	medium intensity	Maximum intensity
☐ Sleeping periods ☐ Without smart-phone/tablet	☐ Periods without physical activity ☐ Watching TV/playing games ☐ Being on the phone ☐ Sitting in school/while doing homework	☐ Going for a walk ☐ Bike riding (slow) ☐ Activity without sweating or breathlessness	☐ Any type of sport ☐ Practice, jogging, playing soccer ☐ Playing tag ☐ Sweating or being out of breath a little	☐ Work out ☐ Complete exhaustion ☐ Sweating a lot or being out of breath heavily

Example of a weekly schedule:

Monday

time	activity	intensity				
<i>Be as specific as possible about the time/duration of the activities</i>	<i>Describe your activity as accurately as possible in a few words</i>	<i>Sleeping</i>	<i>Inactive/a-wake</i>	<i>light (e.g., going for a stroll)</i>	<i>Medium (e.g., doing-Sports)</i>	<i>Maximum</i>
6:15-6:45 am	getting up and ready for work			X		
6:45-7:00 am	riding the bike to work (1,5km)			X		
7:00-12:00 am	work: mainly sitting down		X			
12:00-12:20 pm	Going for a stroll with colleagues			X		
12:20-12:45 pm	Lunch		X			
12:45-4:30 pm	work: mainly sitting down		X			
4:30-4:40 pm	riding the bike back home (1,5km)			X		
5:00-5:15 pm	Driving car to Spardorf (swimming pool)		X			
5:20-6:15 pm	Going for a swim (2km)				X	
6:30-6:45 pm	Driving car back home		X			
7:00-8:00 pm	Cooking and eating			X		
8:00-10:30 pm	relaxing		X			
from 10:30 pm	sleeping	X				

Tuesday

time	activity	intensity				
		<i>Sleeping</i>	<i>Inac- tive/a- wake</i>	<i>light (e.g.. go- ing for a stroll)</i>	<i>Medium (e.g.doing- Sports)</i>	<i>Maximum</i>
<i>Be as specific as possible about the time/duration of the activities</i>	<i>Describe your activity as accurately as possible in a few words</i>					
6:15-6:45 am	getting up and ready for work			X		
6:45-7:00 am	riding the bike to work (1,5km)			X		
7:00-12:00 am	work: mainly sitting down		X			
12:00-12:20 pm	teaching – mainly standing activity		X			
12:20-12:45 pm	Going for a stroll with colleagues			X		
12:45-4:30 pm	Lunch		X			
4:30-4:40 pm	work: mainly sitting down		X			
5:00-5:15 pm	riding the bike back home (1,5km)			X		
5:20-6:15 pm	Riding bike to gym (5km)				X	
6:30-6:45 pm	Volleyball practice				X	
7:00-8:00 pm	Riding bike back home (5km)				X	
8:00-10:30 pm	Taking shower, cooking and eating, relaxing		X			
from 10:30 pm	Sleeping	X				

Weekly schedule from _____ (register ID)

Monday

[illegible]

Tuesday

[illegible]

Mittwoch

[illegible]

Thursday

[illegible]

Friday

[illegible]

Saturday

[illegible]

Sunday

[illegible]