

Additional file 4: Table S4. Changes in physical activity, sedentary behaviour and habit from T1, Samples 1 and 2.

	<i>Change in behaviour/habit from T1</i>					
	<i>Sample 1</i>			<i>Sample 2</i>		
	<i>Direction of change (observed range of change scores)*</i>	<i>T2 N (%)</i>	<i>T3 N (%)</i>	<i>Direction of change (observed range of change scores) *</i>	<i>T2 N (%)</i>	<i>T3 N (%)</i>
<i>Sedentary behaviour</i>						
Sitting time (IPAQ), mins/week		<i>N = 9</i>	<i>N = 10</i>		<i>N = 23</i>	<i>N = 23</i>
	Increase ($\geq 210 \leq 2730mins$)	2 (22%)	4 (40%)	Increase ($\geq 210 \leq 1050mins$)	5 (22%)	5 (22%)
	No change (0 mins)	2 (22%)	2 (10%)	No change (0 mins)	2 (9%)	0 (0%)
	Decrease ($\leq -150 \geq -1320mins$)	5 (56%)	4 (40%)	Decrease ($\leq -240 \geq -3300mins$)	16 (70%)	18 (78%)
Sitting time (MOST), mins/week		<i>N = 10</i>	<i>N = 10</i>		<i>N = 22</i>	<i>N = 23</i>
	Increase ($\geq 240 \leq 4920mins$)	4 (40%)	6 (60%)	Increase ($\geq 60 \leq 2400mins$)	9 (41%)	10 (43%)
	No change (0 mins)	0 (0%)	0 (0%)	No change (0 mins)	0 (0%)	0 (0%)

	Decrease ($\leq -120 \geq -4313mins$)	6 (60%)	4 (40%)	Decrease ($\leq -20 \geq -6300mins$)	13 (59%)	13 (57%)
Sitting habit (1-7, 7= strongest habit)		<i>N = 11</i>	<i>N = 11</i>		<i>N = 22</i>	<i>N = 22</i>
	Increase ($\geq 0.25 \leq 1.00$)	2 (18%)	3 (27%)	Increase ($\geq 0.25 \leq 2.25$)	8 (36%)	5 (23%)
	No change (0)	6 (55%)	4 (36%)	No change (0)	5 (23%)	7 (32%)
	Decrease ($\leq -0.50 \geq -1.00$)	3 (27%)	4 (36%)	Decrease ($\leq -0.25 \geq -3.25$)	9 (41%)	10 (46%)
Physical activity						
Walking, mins/week		<i>N = 12</i>	<i>N = 12</i>		<i>N = 23</i>	<i>N = 23</i>
	Increase ($\geq 40 \leq 3060mins$)	9 (75%)	6 (50%)	Increase ($\geq 10 \leq 1680mins$)	15 (65%)	17 (74%)
	No change (0 mins)	1 (8%)	2 (17%)	No change (0 mins)	2 (9%)	1 (4%)
	Decrease ($\leq -40 \geq -780mins$)	2 (17%)	4 (33%)	Decrease ($\leq -30 \geq -1020mins$)	6 (26%)	4 (17%)
Moderate PA, mins/week		<i>N = 12</i>	<i>N = 12</i>		<i>N = 23</i>	<i>N = 23</i>
	Increase	3	2	Increase	8	13

	$(\geq 10 \leq 150mins)$	(25%)	(17%)	$(\geq 20 \leq 720mins)$	(35%)	(56%)
	No change $(0 mins)$	7 (58%)	8 (67%)	No change $(0 mins)$	6 (26%)	5 (22%)
	Decrease $(\leq -60 \geq -240mins)$	2 (17%)	2 (17%)	Decrease $(\leq -30 \geq -1680mins)$	9 (39%)	5 (22%)
Vigorous PA, mins/week		$N = 12$	$N = 12$		$N = 23$	$N = 23$
	Increase $(\geq 20 \leq 660mins)$	0 (0%)	2 (17%)	Increase $(\geq 45 \leq 900mins)$	7 (30%)	13 (56%)
	No change $(0 mins)$	11 (92%)	9 (75%)	No change $(0 mins)$	12 (52%)	7 (30%)
	Decrease $(= -60mins)$	1 (8%)	1 (8%)	Decrease $(\leq -3 \geq -180mins)$	4 (17%)	3 (13%)
PA habit (1-7, 7= strongest habit)		$N = 11$	$N = 11$		$N = 23$	$N = 23$
	Increase $(\geq 0.25 \leq 2.75)$	3 (27%)	6 (55%)	Increase $(\geq 0.25 \leq 3.00)$	13 (56%)	12 (52%)
	No change (0)	2 (18%)	1 (9%)	No change (0)	5 (22%)	3 (13%)
	Decrease $(\leq -0.50 \geq -2.50)$	6 (55%)	4 (36%)	Decrease $(\leq -0.25 \geq -1.50)$	6 (26%)	8 (17%)

* All difference scores other than zero were treated as increases or decreases. Ranges represent *actual* minimum and maximum positive and negative changes in study variables.