A

Percentage of behaviors

Morning  School  Early evening  Late evening  Night

6:00  7:00  8:00  9:00  10:00  11:00  12:00  13:00  14:00  15:00  16:00  17:00  18:00  19:00  20:00  21:00  22:00  23:00

- Sedentary
- Light
- Moderate
- Vigorous
- Sleep

B

Percentage of behaviors

Morning  School  Early evening  Late evening  Night

6:00  7:00  8:00  9:00  10:00  11:00  12:00  13:00  14:00  15:00  16:00  17:00  18:00  19:00  20:00  21:00  22:00  23:00

- School
- Screen + Inactive leisure
- Homework
- Sport + Active leisure
- Active travel
- Motor travel
- Sleep