Title of Paper: Youth Physical Activity and Sedentary Behavior Weekly Patterns Using Accelerometry from a National Sample

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Online Figure 1a: Latent class analysis plotted for weighted average counts per minute per day by age groups; NHANES 2003-2006

Latent class pattern

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Weighted %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Least active</td>
</tr>
<tr>
<td>Class 2</td>
<td></td>
</tr>
<tr>
<td>Class 3</td>
<td>Most active</td>
</tr>
</tbody>
</table>

Counts per minute per day for different age groups:

- **Age 6-11**:
  - Class 1: Least active
  - Class 2
  - Class 3: Most active

- **Age 12-14**:
  - Class 1: Least active
  - Class 2
  - Class 3

- **Age 15-17**:
  - Class 1: Least active
  - Class 2
  - Class 3
Online Figure 1b: Latent class analysis plotted for weighted average counts per minute per day by gender; NHANES 2003-2006

Latent class pattern

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1 - Least active</td>
<td>Class 1 - Least active</td>
</tr>
<tr>
<td>Class 2</td>
<td>Class 2</td>
</tr>
<tr>
<td>Class 3 - Most active</td>
<td>Class 3 - Most active</td>
</tr>
</tbody>
</table>

Counts per minutes per day

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Weighted %

Boys
- Class 4 - Most active
- Class 3
- Class 2
- Class 1 - Least active

Girls
- Class 3 - Most active
- Class 2
- Class 1 - Least active
Online Figure 1c: Latent class analysis plotted for weighted mean counts per minute per day by in or out of school; NHANES 2003-2006

Latent class pattern

<table>
<thead>
<tr>
<th>Weighted %</th>
<th>In school</th>
<th>Out school</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Counts per minutes per day

Class 1 - Least active

Class 2

Class 3 - Most active

Class 4 - Most active

In school

Class 1 - Least active

Class 2

Class 3 - Most active

Out of school

Class 1 - Least active

Class 2

Class 3 - Most active
Figure 2a: Latent class analysis plotted for weighted percent of sedentary behavior out of total wearing time per day by age groups; NHANES 2003-2006
Online Figure 2b: Latent class analysis plotted for weighted percent of sedentary behavior out of total wearing time per day by gender; NHANES 2003-2006
Online Figure 2c: Latent class analysis plotted for weighted percent of sedentary behavior out of total wearing time per day by in or out of school; NHANES 2003-2006

<table>
<thead>
<tr>
<th>Latent class pattern</th>
<th>Weighted %</th>
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</thead>
<tbody>
<tr>
<td>In school</td>
<td>Out school</td>
</tr>
<tr>
<td>Class 1 - Most sedentary</td>
<td>Class 4 -Least sedentary</td>
</tr>
<tr>
<td>Class 2</td>
<td>Class 3</td>
</tr>
<tr>
<td>Class 3 -Least sedentary</td>
<td>Class 2</td>
</tr>
<tr>
<td>Class 1 - Most sedentary</td>
<td>Class 1 - Most sedentary</td>
</tr>
</tbody>
</table>

Percent of Sedentary behavior per day

In schools:
- Class 1
- Class 2
- Class 3
- Class 4

Out of schools:
- Class 1
- Class 2
Online Figure 3a: Latent class analysis plotted for weighted percent of light activity out of total wearing time per day by age groups; NHANES 2003-2006

Latent class pattern

<table>
<thead>
<tr>
<th>Weighted %</th>
<th>Age 6-11</th>
<th>Age 12-14</th>
<th>Age 15-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1 - Least light activity</td>
<td>Class 3 - Most light activity</td>
<td>Class 2</td>
<td></td>
</tr>
<tr>
<td>Class 1 - Least light activity</td>
<td>Class 3 - Most light activity</td>
<td>Class 2</td>
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<td>Class 1 - Least light activity</td>
<td>Class 3 - Most light activity</td>
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</tbody>
</table>

Percent of light activity per day

Age 6-11:
- Class 1
- Class 2
- Class 3

Age 12-14:
- Class 1
- Class 2
- Class 3

Age 15-17:
- Class 1
- Class 2
- Class 3

Monday Tuesday Wednesday Thursday Friday Saturday Sunday
Online Figure 3b: Latent class analysis plotted for weighted percent of light activity out of total wearing time per day by gender; NHANES 2003-2006

### Latent class pattern

<table>
<thead>
<tr>
<th>Boys:</th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
<th>Class 4</th>
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</thead>
<tbody>
<tr>
<td>Girls:</td>
<td>Class 1</td>
<td>Class 2</td>
<td>Class 3</td>
<td>Class 4</td>
</tr>
</tbody>
</table>

**Weighted %**

- **Class 1 - Least light activity**
- **Class 2**
- **Class 3**
- **Class 4 - Most light activity**

The graph shows the percent of light activity per day for boys and girls across different classes, with the weighted percent values indicated for each class.
Online Figure 3c: Latent class analysis plotted for weighted percent of light activity out of total wearing time per day by in or out of school; NHANES 2003-2006

Latent class pattern

Weighted %

In school

Class 4 - Most light activity

Class 3

Class 2

Class 1 - Least light activity

Out school

Class 3 - Most light activity

Class 2

Class 1 - Least light activity
Online Figure 4a: Latent class analysis plotted for weighted percent of moderate to vigorous physical activity out of total wearing time per day by age groups; NHANES 2003-2006

Latent class pattern

Weighted %

Age 6-11
- Class 1 - Least active
- Class 2
- Class 3 - Most active

Age 12-14
- Class 3 - Most active
- Class 2
- Class 1 - Least active

Age 15-17
- Class 3 - Most active
- Class 2
- Class 1 - Least active

Percent of MVPA per day

Monday Tuesday Wednesday Thursday Friday Saturday Sunday
Online Figure 4b: Latent class analysis plotted for weighted percent of moderate to vigorous physical activity out of total wearing time per day by gender; NHANES 2003-2006
Online Figure 4c: Latent class analysis plotted for weighted percent of moderate to vigorous physical activity out of total wearing time per day by in or out of school; NHANES 2003-2006
Online Figure 5a: Latent class analysis plotted for weighted percent of vigorous physical activity out of total wearing time per day by age groups; NHANES 2003-2006

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</tr>
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<td>Age 15-17:</td>
<td></td>
</tr>
<tr>
<td>Class 1 - Least active</td>
<td></td>
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<td>Class 2</td>
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![Graph showing weighted percent of vigorous physical activity per day by age group.](attachment:image.png)
Online Figure 5b: Latent class analysis plotted for weighted percent of vigorous physical activity out of total wearing time per day by gender; NHANES 2003-2006

Latent class pattern

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<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
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<td>9</td>
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</tr>
</tbody>
</table>

Weighted %

- Class 1 - Least active
- Class 2
- Class 3 - Most active

Boys:
- Class 1
- Class 2
- Class 3

Girls:
- Class 1
- Class 2
- Class 3

Weighted percent of vigorous per day

Monday    Tuesday   Wednesday  Thursday  Friday    Saturday  Sunday

Class 1 - Least active
Class 2
Class 3 - Most active

Boys

Girls
Online Figure 5c: Latent class analysis plotted for weighted percent of vigorous physical activity out of total wearing time per day by in or out of school; NHANES 2003-2006