

Table S1. Participants' hourly step counts by sex and tertiles and p-values for tertile differences.

	time of the day	BOYS				GIRLS			
		step tertiles			p-value (Kruskall-Wallis test)	step tertiles			p-value (Kruskall-Wallis test)
		least active	middle	most active		least active	middle	most active	
step count (hourly avarage)	7	541	571	673	0.034	454	591	634	0.004
	8	619	722	928	<0.001	559	712	786	<0.001
	9	624	774	972	<0.001	512	618	713	<0.001
	10	607	800	974	<0.001	513	612	728	<0.001
	11	671	903	1111	<0.001	561	663	836	<0.001
	12	671	888	1105	<0.001	554	656	838	<0.001
	13	672	863	1079	<0.001	563	722	905	<0.001
	14	633	852	1134	<0.001	576	759	975	<0.001
	15	476	756	1077	<0.001	481	649	889	<0.001
	16	498	783	1183	<0.001	441	660	933	<0.001
	17	565	918	1426	<0.001	479	721	1131	<0.001
	18	582	1045	1537	<0.001	511	764	1237	<0.001
	19	501	921	1356	<0.001	482	742	1065	<0.001
	20	339	560	922	<0.001	342	479	721	<0.001
	21	216	338	533	<0.001	228	349	477	<0.001
	22	165	227	325	<0.001	198	249	328	<0.001
	23	131	216	284	0.015	114	247	246	<0.001
step count on weekdays (hourly avarage)	7	574	614	686	0.090	477	609	666	0.002
	8	652	768	930	<0.001	575	719	808	<0.001
	9	664	805	967	<0.001	531	641	701	<0.001
	10	642	832	927	<0.001	530	610	686	<0.001
	11	713	931	1085	<0.001	574	681	777	<0.001
	12	720	913	1094	<0.001	583	673	786	<0.001
	13	723	911	1050	<0.001	593	756	884	<0.001
	14	669	863	1094	<0.001	616	800	974	<0.001
	15	485	724	1045	<0.001	495	654	873	<0.001
	16	508	782	1190	<0.001	446	672	950	<0.001
	17	596	980	1502	<0.001	495	762	1195	<0.001
	18	598	1136	1647	<0.001	544	813	1341	<0.001
	19	525	992	1441	<0.001	512	776	1136	<0.001
	20	351	603	997	<0.001	335	498	768	<0.001
	21	221	359	586	<0.001	235	339	509	<0.001
	22	183	234	319	<0.001	220	269	372	<0.001
	23	103	234	281	0.010	143	213	280	0.007
step count on weekends (hourly avarage)	7	119	164	545	0.005	80	258	300	0.008
	8	264	398	805	<0.001	287	444	508	<0.001
	9	356	590	1090	<0.001	377	461	822	<0.001
	10	454	684	1277	<0.001	426	663	959	<0.001
	11	527	784	1247	<0.001	506	619	1034	<0.001
	12	499	812	1145	<0.001	439	614	1034	<0.001
	13	501	730	1170	<0.001	451	610	966	<0.001

14	524	824	1233	<0.001	448	616	958	<0.001
15	458	860	1192	<0.001	438	638	972	<0.001
16	479	802	1203	<0.001	431	622	902	<0.001
17	457	731	1147	<0.001	422	609	876	<0.001
18	507	753	1167	<0.001	424	594	914	<0.001
19	432	691	1033	<0.001	385	608	832	<0.001
20	316	463	728	<0.001	366	422	602	<0.001
21	219	281	351	0.004	199	370	450	<0.001
22	137	231	322	<0.001	143	236	316	<0.001
23	158	227	212	0.041	72	288	253	<0.001