

Table S1: Categorization (leaf-category, stem-category and main level) of determinants of changes in PA behavior during pregnancy and postpartum

Determinant	Leaf-category	Stem-category	Main level	Determinant	Leaf-category	Stem-category	Main level
DURING PREGNANCY				POSTPARTUM			
Habits	PA habits	Psychological	Individual				
Health consciousness	Health cognitions	Psychological	Individual				
Fit for delivery motivation	Health cognitions	Psychological	Individual				
Healthiness	Health cognitions	Psychological	Individual				
Wellbeing	Health cognitions	Psychological	Individual				
Mood and emotions	Mood and emotions	Psychological	Individual				
Body image	Weight control cognitions and behaviors	Psychological	Individual				
Mental tiredness	Mood and emotions	Psychological	Individual				
Stress	Mood and emotions	Psychological	Individual				
PA knowledge	PA knowledge, skills and abilities	Psychological	Individual	PA knowledge	PA knowledge, skills and abilities	Psychological	Individual
				Parenthood perceptions and responsibilities	Personality	Psychological	Individual
				Barriers to ask for help	Personality	Psychological	Individual
				Barriers to leave child	Personality	Psychological	Individual
				Barriers to self-care	Personality	Psychological	Individual
				Worries and uncertainties about care for baby	Personality	Psychological	Individual
Self-licensing (pregnancy card)	Self-regulation	Psychological	Individual	Self-licensing	Self-regulation	Psychological	Individual
Self-regulation	Self-regulation	Psychological	Individual	Self-regulation	Self-regulation	Psychological	Individual
Self-control	Self-regulation	Psychological	Individual	Habituality of physical activity	PA habits	Psychological	Individual
Self-efficacy	Personality	Psychological	Individual	Planning	Self-regulation	Psychological	Individual
Self-regulation	Self-regulation	Psychological	Individual	Self-control	Self-regulation	Psychological	Individual
Weight control	Weight control cognitions and behaviors	Psychological	Individual	Self-regulation	Self-regulation	Psychological	Individual

				Weight control	Weight control cognitions and behaviors	Psychological	Individual
Worries and safety concerns	Worries and concerns	Psychological	Individual	Worries and safety concerns	Worries and concerns	Psychological	Individual
Other priorities	Situational and time constraints	Situational	Individual	Other priorities	Situational and time constraints	Situational	Individual
Practical and situational constraints	Situational and time constraints	Situational	Individual	Practical and situational constraints	Situational and time constraints	Situational	Individual
No suitable sport clothes	Situational and time constraints	Situational	Individual	Practical issues	Situational and time constraints	Situational	Individual
Other situational constraints	Situational and time constraints	Situational	Individual	Organizational issues	Situational and time constraints	Situational	Individual
Time constraints and opportunities	Situational and time constraints	Situational	Individual	Time constraints and opportunities	Situational and time constraints	Situational	Individual
Time constraints	Situational and time constraints	Situational	Individual				
Time opportunities	Time opportunities	Situational	Individual				
Physiology	Physiology	Biological	Individual	Physiology and physical health	Physiology	Biological	Individual
Discomfort	Physiology	Biological	Individual	Recovery after pregnancy/delivery	Physiology	Biological	Individual
Fatigue	Physiology	Biological	Individual	Fatigue	Physiology	Biological	Individual
Physiological changes	Physiology	Biological	Individual	Physiological changes	Physiology	Biological	Individual
(Perceived) physical restrictions	Physiology	Biological	Individual				
Social influence	Social influence	Social	Interpersonal	Social influence	Social influence	Social	Interpersonal
Advice	Social influence	Social	Interpersonal	Influence of male partner	Social influence	Social	Interpersonal
Lack of other people's knowledge	Social influence	Social	Interpersonal				
Imposed physical restrictions	Social influence	Social	Interpersonal	Influence of female partner	Social influence	Social	Interpersonal
Influence of female partner	Social influence	Social	Interpersonal	Professional influence	Social influence	Social	Interpersonal
Professional influence	Social influence	Social	Interpersonal	Social activities	Social influence	Social	Interpersonal
Social discouragement	Social influence	Social	Interpersonal				
Social support	Social influence	Social	Interpersonal				
				Influence of baby	Social influence	Social	Interpersonal
				Adaptation to the rhythm of baby	Social influence	Social	Interpersonal
				Baby becomes priority	Social influence	Social	Interpersonal

				Care for baby	Social influence	Social	Interpersonal
				Other activities because of baby	Social influence	Social	Interpersonal
				Practical organization around baby	Social influence	Social	Interpersonal
				Practical constraints because of baby	Social influence	Social	Interpersonal
				Role model	Social influence	Social	Interpersonal
Environment PA opportunities	Environment PA availability and accessibility	Meso/Macro	Environment				
Product price	Market prices	Meso/Macro	Environment	Product price	Market prices	Meso/Macro	Environment
Pregnancy leave regulations	Governmental regulations	Government	Policy	Maternity leave regulations	Governmental regulations	Government	Policy

PA: Physical activity

Table S2: Categorization (leaf-category, stem-category and main level) of determinants of changes in SB during pregnancy and postpartum

Determinant	Leaf-category	Stem-category	Main level	Determinant	Leaf-category	Stem-category	Main level
DURING PREGNANCY				POSTPARTUM			
Self-licensing (pregnancy card)	Self-regulation	Psychological	Individual				
Self-regulation	Self-regulation	Psychological	Individual	Self-regulation	Self-regulation	Psychological	Individual
				Planning	Self-regulation	Psychological	Individual
Change in activities	Situational and time constraints	Situational	Individual	Change in activities	Situational and time constraints	Situational	Individual
Fewer out-of-home activities	Situational and time constraints	Situational	Individual	Fewer out-of-home activities	Situational and time constraints	Situational	Individual
Preparing child room	Situational and time constraints	Situational	Individual	More household activities	Situational and time constraints	Situational	Individual
				Time constraints	Situational and time constraints	Situational	Individual
Work situational	Situational and time constraints	Situational	Individual	Work situational	Situational and time constraints	Situational	Individual
Physiology and physical health	Physiology	Biological	Individual	Physical health	Physiology	Biological	Individual
Discomfort	Physiology	Biological	Individual				
Fatigue	Physiology	Biological	Individual				
Social influence	Social influence	Social	Interpersonal				
Support of male partner	Social influence	Social	Interpersonal				
Influence of female partner	Social influence	Social	Interpersonal				
Professional support	Social influence	Social	Interpersonal				
External support	Social influence	Social	Interpersonal				
				Influence of baby	Social influence	Social	Interpersonal
				Adaptation to the rhythm of baby	Social influence	Social	Interpersonal
				Care for baby	Social influence	Social	Interpersonal
				Practical organization around baby	Social influence	Social	Interpersonal

				Feeding baby	Social influence	Social	Interpersonal
Pregnancy leave regulations	Governmental regulations	Government	Policy	Maternity leave regulations	Governmental regulations	Government	Policy