

**Table S8**  
**Reliability of data obtained using physical activity questionnaires and diaries**

Participants N, age category	Measurements N, time between visits	Instrument	Parameter (unit)	Results	Statistic	Author
<i>Reliability of questionnaires between sessions</i>						
14 children, adolescents and adults	2, consecutive weeks	HAES	Total daily activity time (hr)	ICC=0.72, p<0.0001	ICC	Wells 2008 [A:11]
			Morning activity time (hr)	ICC=0.69, p<0.0001		
			Afternoon activity time (hr)	ICC=0.71, p<0.0001		
			Evening activity time (hr)	ICC=0.74, p<0.0001		
			Weekday daily activity time (hr)	ICC=0.75, p<0.0001		
			Weekend daily activity time (hr)	ICC=0.58, p<0.0001		
			Time spent inactive (hr)	ICC=0.60, p=0.0001		
			Time spent somewhat inactive (hr)	ICC=0.67, p<0.0001		
			Time spent somewhat active (hr)	ICC=0.55, p=0.0004		
			Time spent active (hr)	ICC=0.68, p<0.0001		
28 children	T1:baseline T2:3mo T3:1yr	Kriska's Modifiable Activity Questionnaire	Energy expenditure (Kcal/wk)	ICC=0.753, p<0.0001	ICC	Orenstein 1993 [A:17]
50 children	T1:baseline T2:3mo T3:1yr	Harvard Alumni Survey	Energy expenditure (Kcal/wk)	ICC=0.603, p<0.0002	ICC	Orenstein 1993 [A:17]
<i>Reliability of diaries between sessions</i>						
14 children, adolescents and adults	2, consecutive weeks	Bratteby Physical Activity Diary	Total daily activity time (hr)	ICC=0.76, p<0.0001	ICC	Wells 2008 [A:11]
			Morning activity time (hr)	ICC=0.70, p<0.0001		
			Afternoon activity time (hr)	ICC=0.80, p<0.0001		
			Evening activity time (hr)	ICC=0.79, p<0.0001		
			Weekday daily activity time (hr)	ICC=0.89, p<0.0001		
			Weekend daily activity time (hr)	ICC=0.61, p<0.0001		
			Time spent inactive (hr)	ICC=0.38, p=0.03		
			Time spent somewhat inactive (hr)	ICC=0.46, p=0.005		
			Time spent somewhat active (hr)	ICC=0.35, p=0.047		
			Time spent active (hr)	ICC=0.65, p<0.0001		

Abbreviations: HAES=Habitual Activity Estimation Scale; hr=hour; ICC=intraclass correlation coefficient; Kcal/wk=kilocalories per week; mo=month; yr=year

**Note: All references are listed in the online supplementary material reference list**