

Appendix 1. Results of longitudinal multilevel analysis of physical activity behavior over time in table**Appendix 1.** Results of longitudinal multilevel analysis of physical activity behavior over time

	Baseline to T1			Baseline to T2			Baseline to T3					
	β	95% CI	p-value	β	95% CI	p-value	β	95% CI	p-value			
Total PA	218.6	142.9	294.3	<.001	242.2	162.6	321.7	<.001	153.8	70.9	236.6	<.001
Leisure Time	57.9	15.0	100.8	.008	19.3	-25.7	64.3	.400	19.8	-27.2	66.7	.409
Household	34.2	-6.7	75.0	.101	44.1	1.2	86.9	.044	-25.5	-70.1	19.0	.262
Work	100.3	59.2	141.4	<.001	151.7	108.5	195.0	<.001	137.6	92.6	182.5	<.001
Commuting	24.5	6.1	43.0	.009	26.5	7.2	45.8	.007	24.0	3.9	44.1	.019
MVPA	105.0	57.8	152.3	<.001	138.4	88.7	188.1	<.001	112.9	61.1	164.6	<.001

PA = Physical activity, MVPA = moderate to vigorous physical activity

Bold = statistically significant