

Means, standard deviations, and 95% confidence intervals for self-compared, average weekday, and domain-specific self-reported sedentary behaviors throughout the study.

		Treatment (<i>n</i> = 17)			Control (<i>n</i> = 14)		
Time		<i>Mean</i>	<i>SD</i>	<i>95% CI</i>	<i>Mean</i>	<i>SD</i>	<i>95% CI</i>
Average WY/WD Sleep (hours/day)							
<i>Baseline</i>	<i>WY</i>	7.77	0.82	[7.35, 8.20]	7.05	1.10	[6.42, 7.67]
	<i>WD</i>	8.50	1.16	[7.90, 9.10]	7.46	1.25	[6.74, 8.18]
<i>Intervention</i>	<i>WY</i>	7.71	1.00	[7.20, 8.23]	6.15	1.33	[6.15, 7.69]
	<i>WD</i>	8.35	0.91	[7.88, 8.82]	7.86	0.91	[7.33, 8.38]
<i>Follow-up</i>	<i>WY</i>	7.85	1.05	[7.31, 8.39]	6.85	1.00	[6.27, 7.43]
	<i>WD</i>	8.63	0.94	[8.15, 9.12]	7.82	1.35	[7.04, 8.60]
Average WY/WD Napping (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.25	0.35	[0.07, 0.43]	0.64	0.52	[0.34, 0.94]
	<i>WD</i>	0.19	0.35	[0.02, 0.38]	0.05	0.14	[-0.03, 0.14]
<i>Intervention</i>	<i>WY</i>	0.32	0.49	[0.07, 0.58]	0.46	0.57	[0.13, 0.79]
	<i>WD</i>	0.25	0.45	[0.02, 0.48]	0.38	0.59	[0.03, 0.72]
<i>Follow-up</i>	<i>WY</i>	0.18	0.28	[0.03, 0.32]	0.30	0.46	[0.04, 0.57]
	<i>WD</i>	0.26	.42	[0.04, 0.47]	0.32	0.51	[0.02, 0.62]
Meals: Average WY/WD Time Spent Sitting During Breakfast (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.21	0.17	[0.12, 0.29]	0.27	0.17	[0.17, 0.37]
	<i>WD</i>	0.34	0.12	[0.28, 0.41]	0.34	0.27	[0.18, 0.49]
<i>Intervention</i>	<i>WY</i>	0.17	0.12	[0.11, 0.23]	0.27	0.25	[0.13, 0.42]
	<i>WD</i>	0.25	0.14	[0.17, 0.32]	0.29	0.20	[0.17, 0.40]
<i>Follow-up</i>	<i>WY</i>	0.21	0.16	[0.12, 0.29]	0.26	0.30	[0.08, 0.43]
	<i>WD</i>	0.25	0.17	[0.17, 0.34]	0.31	0.26	[0.16, 0.46]
Meals: Average WY/WD Time Spent Sitting During Lunch (hours/day)							

<i>Baseline</i>	<i>WY</i>	0.43	0.17	[0.35, 0.52]	0.50	0.28	[0.34, 0.66]
	<i>WD</i>	0.48	0.23	[0.36, 0.59]	0.52	0.30	[0.34, 0.69]
<i>Intervention</i>	<i>WY</i>	0.36	0.17	[0.27, 0.44]	0.40	0.18	[0.30, 0.51]
	<i>WD</i>	0.45	0.18	[0.35, 0.54]	0.48	0.31	[0.29, 0.66]
<i>Follow-up</i>	<i>WY</i>	0.35	0.11	[0.30, 0.41]	0.44	0.25	[0.30, 0.58]
	<i>WD</i>	0.41	0.14	[0.34, 0.48]	0.45	0.34	[0.26, 0.65]

Meals: Average WY/WD Time Spent Sitting During Dinner (hours/day)

<i>Baseline</i>	<i>WY</i>	0.47	0.22	[0.36, 0.59]	0.61	0.37	[0.39, 0.82]
	<i>WD</i>	0.50	0.22	[0.39, 0.62]	0.70	0.39	[0.47, 0.92]
<i>Intervention</i>	<i>WY</i>	0.41	0.23	[0.29, 0.52]	0.65	0.49	[0.36, 0.93]
	<i>WD</i>	0.53	0.25	[0.41, 0.66]	0.71	0.39	[0.48, 0.94]
<i>Follow-up</i>	<i>WY</i>	0.45	0.14	[0.38, 0.52]	0.57	0.44	[0.32, 0.83]
	<i>WD</i>	0.51	0.21	[0.34, 0.62]	0.64	0.43	[0.39, 0.89]

Transportation: Average Weekly Time Spent Sitting During Transportation (hours/week)

<i>Baseline</i>	8.93	8.58	[4.51, 13.34]	5.30	3.66	[3.19, 7.42]
<i>Intervention</i>	4.94	6.62	[1.54, 8.35]	6.98	7.29	[2.77, 11.12]
<i>Follow-up</i>	4.43	5.51	[1.59, 7.26]	4.46	3.54	[2.42, 6.51]

Occupation: Average Weekly Time Spent Sitting During Class (hours/week)

<i>Baseline</i> [†]	14.75	3.59	[12.84, 16.66]	12.00	5.28	[8.95, 15.05]
<i>Intervention</i> [†]	15.63	4.73	[13.10, 18.15]	12.00	4.93	[9.15, 14.85]
<i>Follow-up</i> [‡]	14.73	4.86	[12.04, 17.42]	11.29	6.71	[7.41, 15.16]

Occupation: Average Weekly Time Spent Sitting as a Student (hours/day)

<i>Baseline</i> [†]	5.69	1.89	[4.68, 6.69]	4.79	2.22	[3.50, 6.07]
<i>Intervention</i> [†]	5.19	1.60	[4.33, 6.04]	4.86	2.14	[3.62, 6.09]
<i>Follow-up</i> [†]	5.00	2.03	[3.92, 6.08]	4.86	1.88	[3.77, 5.94]

Occupation: Average Number of Breaks from Sitting as a Student (number)

<i>Baseline</i> [†]	7.63	5.98	[4.44, 10.81]	6.54	7.07	[2.45, 10.62]
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<i>Intervention</i> [†]		5.27	3.63	[3.25, 7.28]	4.50	3.52	[2.47, 6.54]
<i>Follow-up</i> [†]		6.13	4.00	[4.00, 8.26]	5.86	5.65	[2.59, 9.12]
Occupation: Average Break Frequency from Sitting as a Student (every <i>x</i> hours)							
<i>Baseline</i> [†]		0.92	0.37	[0.72, 1.12]	0.98	0.42	[0.74, 1.22]
<i>Intervention</i> [†]		1.44	1.80	[0.48, 2.40]	1.48	1.08	[0.86, 2.10]
<i>Follow-up</i> [†] [◇]		0.94	0.58	[0.63, 1.25]	1.72	1.64	[0.73, 2.71]
Occupation: Average Break Duration from Sitting as a Student (minutes)							
<i>Baseline</i> [†]		10.31	6.61	[6.79, 13.84]	9.21	7.47	[4.90, 13.53]
<i>Intervention</i> [†]		8.19	5.59	[5.21, 11.17]	8.86	9.97	[3.10, 14.61]
<i>Follow-up</i> [†]		5.94	3.96	[3.83, 8.05]	5.96	5.98	[2.51, 9.42]
Screen Time: Average WY/WD Time Spent Sitting While Watching TV (hours/day)							
<i>Baseline</i>	<i>WY</i>	2.12	1.43	[1.38, 2.85]	3.04	2.06	[1.85, 4.23]
	<i>WD</i>	2.38	1.41	[1.66, 3.11]	3.29	1.86	[2.21, 4.36]
<i>Intervention</i>	<i>WY</i>	1.75	1.04	[1.22, 2.28]	2.32	1.73	[1.32, 3.32]
	<i>WD</i>	2.25	1.28	[1.56, 2.91]	2.50	2.30	[1.17, 3.83]
<i>Follow-up</i>	<i>WY</i>	1.69	0.99	[1.18, 2.20]	1.61	1.11	[0.97, 2.25]
	<i>WD</i>	2.31	1.29	[1.65, 2.97]	1.89	1.24	[1.18, 2.61]
Screen Time: Average WY/WD Time Spent Sitting While Using A Computer/Smartphone (hours/day)							
<i>Baseline</i>	<i>WY</i>	2.50	1.32	[1.82, 3.18]	3.07	1.49	[2.21, 3.93]
	<i>WD</i>	3.06	1.68	[2.12, 3.92]	3.21	1.97	[2.08, 4.35]
<i>Intervention</i>	<i>WY</i>	2.07	1.40	[1.35, 2.80]	2.32	1.32	[1.56, 3.09]
	<i>WD</i>	2.41	1.45	[1.67, 3.16]	2.75	1.97	[1.62, 3.89]
<i>Follow-up</i>	<i>WY</i>	1.91	1.00	[1.40, 2.43]	2.68	1.32	[1.91, 3.44]
	<i>WD</i>	2.12	1.31	[1.45, 2.79]	2.46	1.39	[1.66, 3.27]
Screen Time: Average WY/WD Time Spent Sitting While Playing Video Games (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.26	0.73	[-0.12, 0.62]	0.12	0.29	[-0.60, 0.27]
	<i>WD</i>	0.40	1.14	[-0.19, 0.99]	0.04	0.13	[-0.04, 0.11]

<i>Intervention</i>	<i>WY</i>	0.00	0.00	[0.00, 0.00]	0.05	0.12	[-0.02, 0.11]
	<i>WD</i>	0.04	0.11	[-0.02, 0.96]	0.05	0.17	[-0.05, 0.14]
<i>Follow-up</i>	<i>WY</i>	0.00	0.00	[0.00, 0.00]	0.18	0.54	[-0.13, 0.49]
	<i>WD</i>	0.00	0.00	[0.00, 0.00]	0.07	0.27	[-0.08, 0.23]
Screen Time: Average Number of Breaks from Sitting During Screen Time (number)							
<i>Baseline</i>		7.18	6.98	[3.59, 10.76]	6.00	7.41	[1.72, 10.28]
<i>Intervention</i>		4.97	2.90	[3.47, 6.46]	5.79	4.84	[2.99, 8.58]
<i>Follow-up</i>		6.00	3.37	[4.27, 7.73]	5.43	5.36	[2.33, 8.52]
Screen Time: Average Break Frequency from Sitting During Screen Time (every <i>x</i> hours)							
<i>Baseline</i>		1.41	0.59	[1.12, 1.72]	1.36	1.01	[0.78, 1.94]
<i>Intervention</i> [†]		1.03	0.50	[0.77, 1.30]	1.50	1.30	[0.75, 2.25]
<i>Follow-up</i>		1.00	0.31	[0.84, 1.16]	1.12	0.86	[0.61, 1.60]
Screen Time: Average Break Duration from Sitting During Screen Time (minutes)							
<i>Baseline</i>		8.41	8.57	[4.00, 12.82]	9.71	11.83	[2.88, 16.55]
<i>Intervention</i>		5.35	3.79	[3.40, 7.30]	12.64	20.29	[0.93, 24.36]
<i>Follow-up</i>		4.41	2.90	[2.92, 5.90]	6.57	7.88	[2.02, 11.12]
Other Activities: Average WY/WD Time Spent Sitting While Leisure Reading (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.53	0.98	[0.02, 1.04]	0.46	0.59	[0.13, 0.80]
	<i>WD</i>	0.45	0.72	[0.08, 0.82]	0.32	0.41	[0.09, 0.56]
<i>Intervention</i>	<i>WY</i>	0.87	1.38	[0.16, 1.58]	0.63	1.05	[0.02, 1.23]
	<i>WD</i>	0.78	1.16	[0.18, 1.38]	0.63	1.14	[-0.03, 1.28]
<i>Follow-up</i>	<i>WY</i>	0.53	1.02	[0.00, 1.05]	0.68	1.27	[-0.05, 1.41]
	<i>WD</i>	0.41	0.75	[0.02, 0.79]	0.98	1.61	[0.05, 1.91]
Other Activities: Average WY/WD Time Spent Sitting While Doing Chores (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.22	0.49	[-0.03, 0.47]	0.48	0.79	[0.02, 0.93]
	<i>WD</i>	0.35	0.72	[-0.02, 0.72]	0.34	0.59	[-0.03, 0.68]
<i>Intervention</i>	<i>WY</i>	0.13	0.18	[0.04, 0.23]	0.25	0.57	[-0.08, 0.58]

	<i>WD</i>	0.12	0.18	[0.03, 0.21]	0.23	0.46	[-0.04, 0.50]
<i>Follow-up</i>	<i>WY</i>	0.13	0.27	[-0.01, 0.27]	0.06	0.18	[-0.04, 0.16]
	<i>WD</i>	0.17	0.37	[-0.02, 0.37]	0.08	0.18	[-0.02, 0.19]
Other Activities: Average WY/WD Time Spent Sitting While Caregiving (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.00	0.00	[0.00, 0.00]	0.04	0.09	[-0.02, 0.09]
	<i>WD</i>	0.00	0.00	[0.00, 0.00]	0.06	0.16	[-0.03, 0.15]
<i>Intervention</i>	<i>WY</i>	0.00	0.00	[0.00, 0.00]	0.00	0.00	[0.00, 0.00]
	<i>WD</i>	0.00	0.00	[0.00, 0.00]	0.12	0.40	[-0.12, 0.34]
<i>Follow-up</i>	<i>WY</i>	0.00	0.00	[0.00, 0.00]	0.05	0.12	[-0.02, 0.11]
	<i>WD</i>	0.00	0.00	[0.00, 0.00]	0.07	0.27	[-0.08, 0.23]
Other Activities: Average WY/WD Time Spent Sitting During Hobbies (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.66	0.64	[0.33, 0.99]	0.50	0.58	[0.17, 0.84]
	<i>WD</i>	0.96	0.85	[0.52, 1.39]	0.48	0.71	[0.07, 0.89]
<i>Intervention</i>	<i>WY</i>	0.66	0.68	[0.31, 1.01]	0.23	0.46	[-0.04, 0.50]
	<i>WD</i>	0.77	0.85	[0.33, 1.20]	0.16	0.36	[-0.05, 0.37]
<i>Follow-up</i>	<i>WY</i>	0.37	0.54	[0.09, 0.65]	0.32	0.61	[-0.03, 0.67]
	<i>WD</i>	0.53	0.78	[0.13, 0.93]	0.39	0.74	[-0.03, 0.82]
Other Activities: Average WY/WD Time Spent Sitting While Socializing (hours/day)							
<i>Baseline</i>	<i>WY</i>	1.44	1.07	[0.89, 1.99]	1.66	1.62	[0.73, 2.59]
	<i>WD</i>	1.91	1.23	[1.28, 2.54]	2.52	2.15	[1.27, 3.76]
<i>Intervention</i>	<i>WY</i>	1.35	0.77	[0.96, 1.75]	1.04	0.99	[0.46, 1.61]
	<i>WD</i>	1.94	1.14	[1.35, 2.53]	1.71	1.90	[0.62, 2.81]
<i>Follow-up</i>	<i>WY</i>	1.29	0.64	[0.97, 1.62]	1.73	1.18	[1.05, 2.41]
	<i>WD</i>	1.52	1.22	[0.89, 2.14]	1.64	1.55	[0.75, 2.54]
Other Activities: Average WY/WD Time Spent Sitting While Listening to Music (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.89	1.31	[0.22, 1.57]	0.88	1.38	[0.08, 1.67]
	<i>WD</i>	0.79	1.04	[0.26, 1.33]	0.75	1.23	[0.04, 1.46]
<i>Intervention</i>	<i>WY</i>	0.52	0.68	[0.17, 0.86]	0.52	0.79	[0.06, 0.98]

	<i>WD</i>	0.59	0.75	[0.20, 0.98]	0.64	0.98	[0.08, 1.21]
<i>Follow-up</i>	<i>WY</i>	0.44	0.53	[0.17, 0.71]	0.43	0.82	[-0.05, 0.90]
	<i>WD</i>	0.50	0.75	[0.11, 0.87]	0.45	0.82	[-0.02, 0.92]
Other Activities: Average WY/WD Time Spent Sitting During Other Activities (hours/day)							
<i>Baseline</i>	<i>WY</i>	0.19	0.35	[0.01, 0.37]	0.04	0.13	[-0.04, 0.11]
	<i>WD</i>	0.13	0.33	[-0.04, 0.30]	0.10	0.37	[-0.12, 0.32]
<i>Intervention</i>	<i>WY</i>	0.02	0.06	[-0.02, 0.05]	0.30	0.72	[-0.11, 0.72]
	<i>WD</i>	0.02	0.06	[-0.02, 0.05]	0.07	0.27	[-0.08, 0.23]
<i>Follow-up</i>	<i>WY</i>	0.23	0.48	[-0.02, 0.48]	0.12	0.30	[-0.06, 0.29]
	<i>WD</i>	0.30	0.55	[0.02, 0.58]	0.21	0.70	[-0.20, 0.61]
Other Activities: Average Number of Breaks from Sitting During Other Activities (number)							
<i>Baseline</i>		4.24	5.67	[1.32, 7.15]	4.43	7.73	[-0.04, 8.89]
<i>Intervention</i>		2.24	5.06	[-0.36, 4.84]	3.21	3.21	[1.36, 5.07]
<i>Follow-up</i>		3.49	7.33	[-0.28, 7.26]	1.21	2.46	[-0.20, 2.63]
Other Activities: Average Break Frequency from Sitting During Other Activities (every x hours)							
<i>Baseline</i> [‡] ✕		0.77	0.73	[0.36, 1.17]	1.54	2.16	[0.17, 2.91]
<i>Intervention</i> [¶] ◊		0.96	1.12	[0.20, 1.72]	2.04	1.94	[0.87, 3.21]
<i>Follow-up</i> [§] ≠		1.23	0.61	[0.82, 1.64]	2.69	2.33	[0.74, 4.64]
Other Activities: Average Break Duration from Sitting During Other Activities (minutes)							
<i>Baseline</i>		8.32	14.24	[1.00, 15.65]	2.93	3.50	[0.91, 4.95]
<i>Intervention</i>		3.21	4.06	[1.12, 5.29]	8.29	16.70	[-1.36, 17.93]
<i>Follow-up</i>		5.47	14.17	[-1.82, 12.77]	2.71	4.53	[0.10, 5.33]

Bold text indicates significant differences between groups at baseline ($p < 0.05$)

[†] = Treatment group ($n = 16$), [‡] = Treatment group ($n = 15$), [¶] = Treatment group ($n = 12$).