**Age and sex-specific foraging movements and energetics in an endangered monomorphic seabird**

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**Main text analysis (Table 1) code**

m<-glm(duration.log~ Age + agequad + agequad:Sex + Sex, family=gaussian, data=data)

anova(m, test="F")

m<-glm(distancelog10~ Age + agequad + Sex + agequad:Sex + Age:Sex, family=gaussian, data=data)

anova(m, test="F")

m<-glm(pathlog10~ Age + agequad + agequad:Sex + Sex, family=gaussian, data=data)

anova(m, test="F")

m<-glm(energyindexlog~ Age + agequad + Sex + Age:Sex + agequad:Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

**Main text analysis (Table 2) code**

m<-glm(duration.log~ Age + Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(distancelog10~ Age + Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(pathlog10~ Age + Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(energyindexlog~ Sex + Age + Sex:Age, family=gaussian, data=data)

anova(m, test="F")

summary(m)

**Main text analysis (Table 3) code**

m<-glm(divephlog~ Age+ Sex + Age\*Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(flyph~ Age+ Sex + Age\*Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(takephlog~ Age+ Sex + Age\*Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(restph~ Age+ Sex + Age\*Sex, family=gaussian, data=data)

anova(m, test="F")

summary(m)

**Supplementary material (Table S1) code**

m<-glm(duration.log~ Age\*Year.name, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(distancelog10~ Age\*Year.name, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(pathlog10~ Age\*Year.name, family=gaussian, data=data)

anova(m, test="F")

summary(m)

m<-glm(energyindexlog~ Age\*Year.name, family=gaussian, data=data)

anova(m, test="F")

summary(m)

**Main text Figure 4 code**

plot(energyindexlog~Age, data=data, pch=19, col=as.numeric(NSex), ylab="Energy expenditure (W/h, log)", xlab="Age (years)")

EneF<-function(Age, Sex=0){4.9799+0.0058\*Age}

curve(EneF, from= 4, to= 23, xlim=c(3,24), ylim=c(4,7), cex.axis=1.2, cex.lab=1.2, col='red',lwd=2,ylab="Path length (m, log)", xlab="Age (years)", add=T)

EneM<-function(Age, Sex=1){(5.085+0\*(Age))}

curve(EneM, from= 4, to= 23, xlim=c(3,24), ylim=c(4,7), cex.axis=1.2, cex.lab=1.2, col='blue',lwd=2,lty=2, ylab="Path length (m, log)", xlab="Age (years)", add=T)