Red vertical bars give 09:00 & 17:00. Weekday Weekend 600 400 200 0 06:00 12:00 18:00 06:00 12:00 18:00 00:00 00:0000:00 00:00 time Weekday Weekend 100

Step & Heartrate variation over the day. y lines give time series for individual days. Red line is the average (n=55 da

