

Physical Activity

- Amount of MVPA¹ time per day
- Amount of MVPA time per day obtained in bouts of 10 minutes or more
- Amount of MVPA time accrued while at work, at home and/or in transit
- Identification of times during the day where MVPA is high
- Daily number of steps
- Miles/km (Distance) on foot or other modes of active transportation
- Frequency of MVPA
- Calories burned
- Type of activity (aerobic, strength, etc.)
- Level of activity (low, moderate, high)
- Time spent in different domains of MVPA (home/occupational, travel and recreational)
- Location of MVPA (recreation facility, at home, at work, on sidewalk/bike lane)
- Perception of safety while active
- Enjoyment level of the MVPA
- Number/flights of stairs climbed
- Average and peak heart rate
- Hours per week adults spent in sports, fitness or recreational physical activities
- Other indicators

Sedentary Behaviour²

- Amount of time per day spent sedentary, excluding sleep time
- Amount of time per week spent on a computer/screen including watching TV, videos, playing computer games, emailing or using the internet
- Amount of sedentary time accrued while at work, at home and/or in transit
- Sitting time at work/ number and frequency of breaks at work from sedentary time
- # of hours spent in a car or motor-vehicle
- Other indicators

Sleep

- Hours of sleep per night (sleep duration)
- Amount of time awake after sleep onset
- Sleep efficiency
- Amount of time to fall asleep (i.e., sleep latency)
- Consistency of bedtime
- Consistency of wake time
- Amount of time in REM vs. non-REM sleep (duration of sleep stage)
- Type of activity directly before sleep (e.g., screen time, reading, TV)
- Sleep satisfaction in morning
- Daytime sleepiness
- Other indicators

¹ Moderate-to-vigorous physical activity (MVPA) is any activity with an energy expenditure >3 metabolic equivalents

² Sedentary behaviour is any waking activity characterized by an energy expenditure ≤ 1.5 metabolic equivalents and a sitting or reclining posture