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A) From increaser to decreaser / Increaser **

	N	Measure	Method	Class size (SE)	Class size (95% CI)
Youngest group					
1 Audrain–McGovern, 2012	1,429	MVPA	SR	0.05 (0.01)	•
2 Farooq 2017: Females	283	Total PA volume	OBM		
3 Farooq 2017: Males	262	Total PA volume	OBM		
4 Farooq 2017: Females	283	MVPA	OBM		
5 Farooq 2017: Males	262	MVPA	OBM		
6 Findlay, 2009: Females	4,497	Organized PA	PR + SR		
7 Findlay, 2009: Males	4,320	Organized PA	PR + SR		
8 Findlay, 2010: Females	4,489	Unorganized PA	PR + SR		
9 Findlay, 2010: Males	4,489	Unorganized PA	PR + SR		
10 Howie, 2016: Females	823	Organized SP	PR		
11 Howie, 2016: Males	856	Organized SP	PR	0.08 (0.01)	•
12 Janz, 2014: Females	265	MVPA	OBM		
13 Janz, 2014: Males	265	MVPA	OBM	0.23 (0.03)	—■
14 Kwon, 2015a*	537	MVPA	OBM		
15 Kwon, 2015a*	537	SP	SR		
16 Kwon, Lee, Carnethon, 2015: Females	2,155	PA	SR		
17 Rodriguez, 2004	1,098	Team participation	SR	0.07 (0.01)	•
Middle group					
18 Barnett, 2008	884	LTPA	SR	0.25 (0.01)	•
19 Dishman, 2010	497	MVPA	SR	0.19 (0.02)	—■
20 Kaseva, 2016	3,564	LTPA	SR		
21 Kim, 2016: Females	669	PA	OBM		
22 Kiviniemi*, 2016: Females	1,776	LTPA	SR		
23 Kiviniemi*, 2016: Males	1,286	LTPA	SR		
24 Laddu, 2017a	3,175	LTPA	SR		
25 Rovio, 2017	2,841	LTPA	SR	0.14 (0.01)	•
Oldest group					
26 Aggio, 2018: Males	4,952	PA	SR	0.24 (0.01)	•
27 Artaud, 2016	10,205	PA	SR	0.23 (0.00)	■
28 Gabriel, 2017: Females	1,771	Sport and exercise	SR	0.13 (0.01)	•
29 Hsu, 2013: Females	2,256	Regular exercise	SR	0.19 (0.01)	•
30 Hsu, 2013: Males	2,544	Regular exercise	SR	0.23 (0.01)	•
31 Laddu, 2017b: Males	5,964	PA	SR		
32 Nguyen, 2013: Females	92,629	PA	SR		
33 Pan, 2015	4,018	PA	SR	0.23 (0.01)	•
34 Xue, 2012: Females	433	PA	SR		

0 0.2 0.4 0.6 0.8 1

B) Highly active

C) Active

D) Inactive

Class size (SE)

Class size (95% CI)

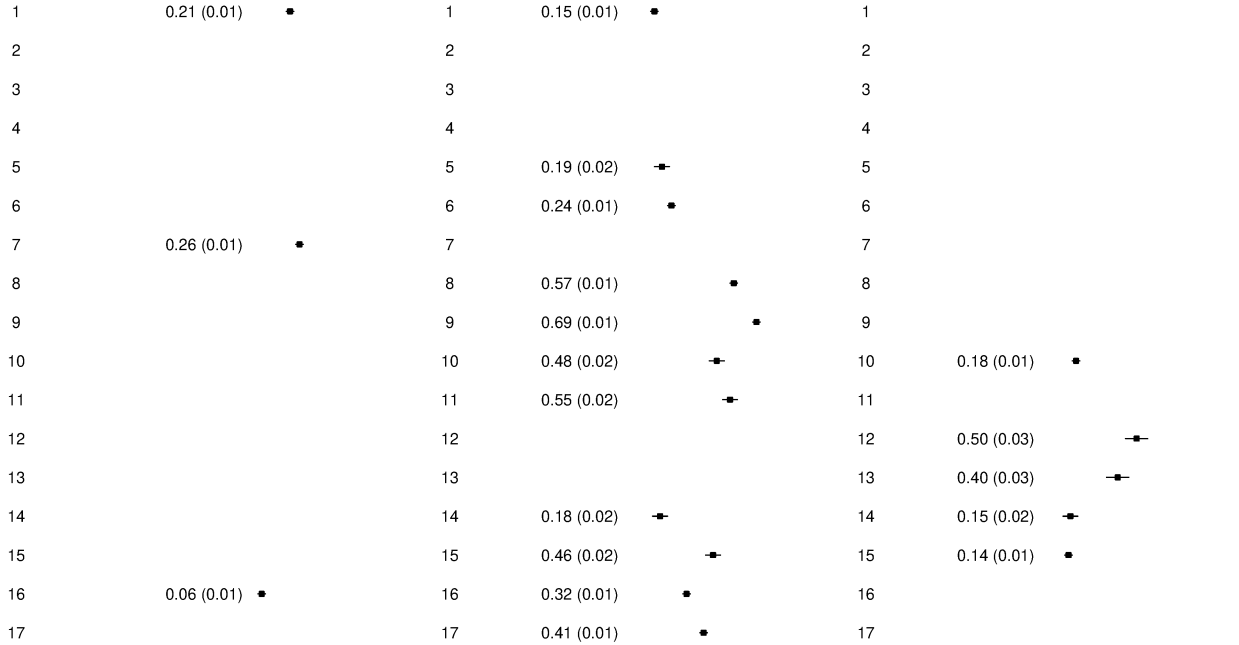
Class size (SE)

Class size (95% CI)

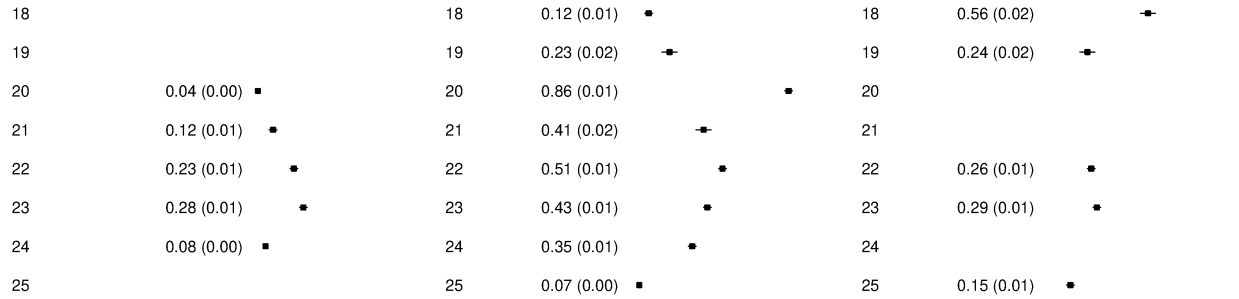
Class size (SE)

Class size (95% CI)

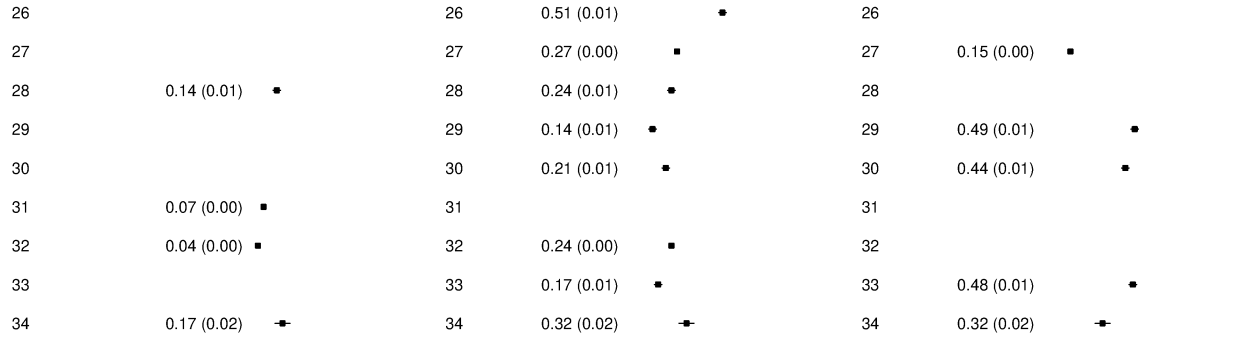
Youngest

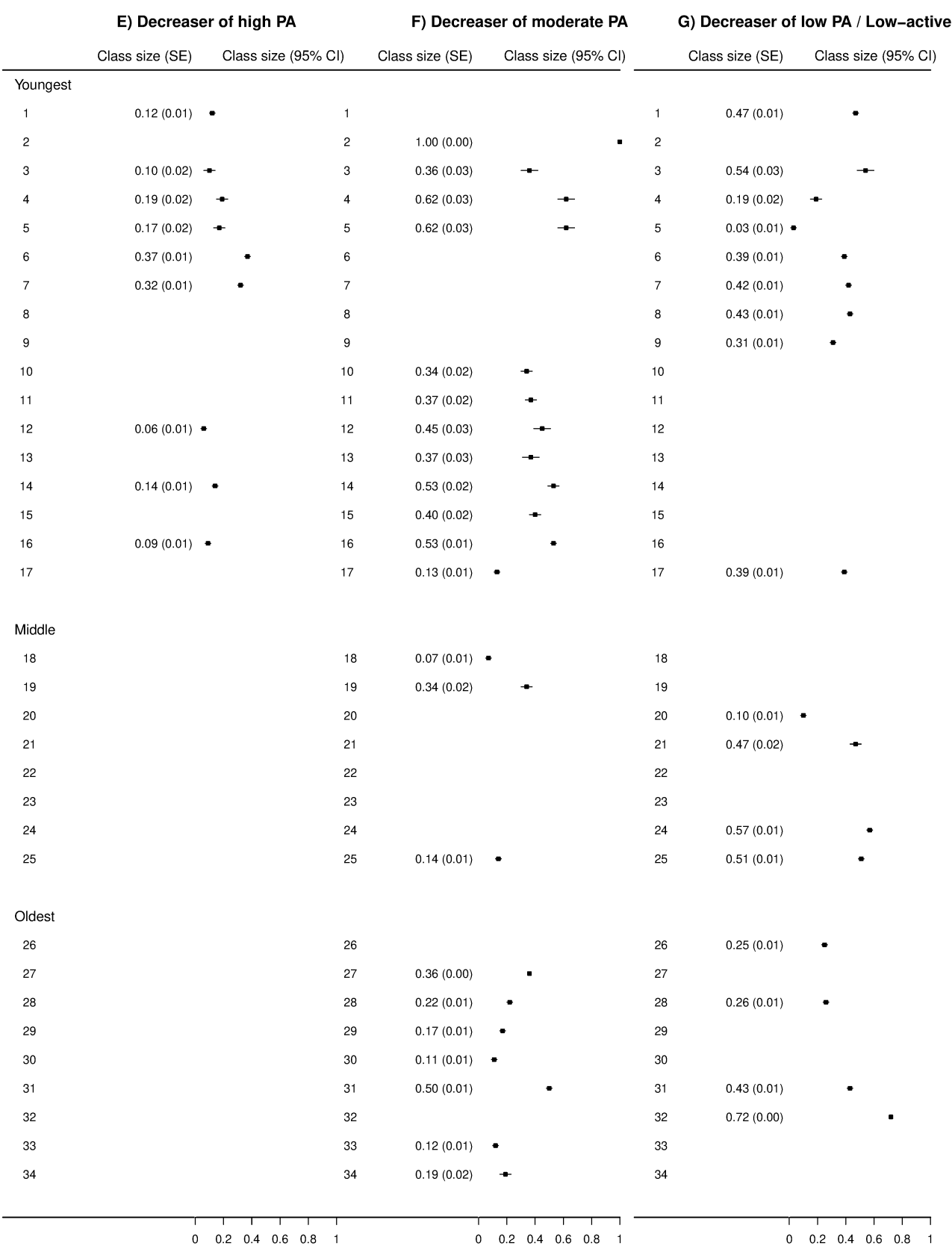


Middle



Oldest





Abbreviations: N = sample size of the study population; SE = standard error; CI = confidence interval; PA = physical activity; MVPA = moderate to vigorous intensity physical activity; LTPA = leisure-time physical activity; SP = sport participation; OBM = objectively measured; SR = self-reported; PR = parent-reported.

*These exact same trajectories were reported in other study / other studies as well. The duplicates were omitted from the figure.

**The From increaser to decreaser category applies to the youngest group while the Increaser category applies to the middle and the oldest group.