**Supplement 1: Extreme (far-out) outliers removed from analyses due to plausible over-reporting of leisure-time PA**

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| **Study Time Point** | **Standard GLB Group** | **Personalized GLB+LGx Group** |
| Baseline | Mod/High PA: n=3; >480 mins/week  METs: n=3; >4677 METs/week | Mod/High PA: None  METs: None |
| 3 Months | Mod/High PA: n=1; 1350 mins/week  METs: n=1; 12150 METs/week | Mod/High PA: None  METs: n=1; 7056 METs/week |
| 6 Months | Mod/High PA: n=2; >545 mins/week  METs: n=2; >2725 METs/week | Mod/High PA: n=1; 2455 mins/week  METs: n=1; 13677 METs/week |
| 12 Months | Mod/High PA: None  METs: None | Mod/High PA: n=1; 960 mins/week  METs: n=1; 4800 METs/week |