|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |   |   | Heterogeneity |   | Effect size |   |   |   | Publication bias |   |   |   |
| Overall activities |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies)  | P-value | Hedges’ g (95% CI) | Lower Limit | Upper limit | P-value | Egger's intercept | Lower limit | Upper limit | P-Value |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | ACT | 1.00 | 0.00 | 1.00 | 0.56 | -0.46 | 1.58 | 0.28 |  |  |  |  |
|   | AGT3X | 1.00 | 0.00 | 1.00 | -0.35 | -1.42 | 0.73 | 0.53 |  |  |  |  |
|   | AW | 4.00 | 97.30 | 0.00 | -0.43 | -0.97 | 0.10 | 0.11 | -19.41 | -65.76 | 26.94 | 0.21 |
|   | AWS2 | 1.00 | 0.00 | 1.00 | 1.58 | 0.45 | 2.70 | 0.01 |  |  |  |  |
|   | BA | 1.00 | 0.00 | 1.00 | -0.49 | -1.61 | 0.64 | 0.40 |  |  |  |  |
|   | BB1 | 1.00 | 0.00 | 1.00 | -1.37 | -2.42 | -0.31 | 0.01 |  |  |  |  |
|   | BMC | 4.00 | 87.47 | 0.00 | -0.12 | -0.64 | 0.40 | 0.65 | -2.60 | -30.95 | 25.74 | 0.73 |
|   | BP | 1.00 | 0.00 | 1.00 | -0.15 | -1.25 | 0.94 | 0.78 |  |  |  |  |
|   | EP | 1.00 | 0.00 | 1.00 | -0.28 | -1.34 | 0.78 | 0.60 |  |  |  |  |
|   | EPUL | 1.00 | 0.00 | 1.00 | -0.18 | -1.24 | 0.88 | 0.74 |  |  |  |  |
|   | FB | 1.00 | 0.00 | 1.00 | -0.51 | -1.57 | 0.54 | 0.34 |  |  |  |  |
|   | FC | 2.00 | 74.54 | 0.05 | -0.02 | -0.79 | 0.75 | 0.95 |  |  |  |  |
|   | FC2 | 1.00 | 0.00 | 1.00 | -0.62 | -1.70 | 0.45 | 0.26 |  |  |  |  |
|   | FCHR | 6.00 | 89.06 | 0.00 | 0.13 | -0.31 | 0.56 | 0.57 | -2.32 | -20.26 | 15.62 | 0.74 |
|   | FF | 5.00 | 94.80 | 0.00 | 0.27 | -0.20 | 0.74 | 0.26 | 13.81 | -4.45 | 32.07 | 0.09 |
|   | GF225 | 1.00 | 0.00 | 1.00 | 1.04 | 0.00 | 2.08 | 0.05 |  |  |  |  |
|   | GF920XT | 1.00 | 0.00 | 1.00 | -0.31 | -1.41 | 0.79 | 0.58 |  |  |  |  |
|   | GVA | 1.00 | 0.00 | 1.00 | 0.19 | -0.91 | 1.29 | 0.74 |  |  |  |  |
|   | GVF | 5.00 | 79.33 | 0.00 | -1.09 | -1.60 | -0.57 | 0.00 | -11.66 | -24.75 | 1.42 | 0.06 |
|   | GVHR | 1.00 | 0.00 | 1.00 | 0.40 | -0.66 | 1.46 | 0.46 |  |  |  |  |
|   | GVS | 1.00 | 0.00 | 1.00 | 0.13 | -0.97 | 1.23 | 0.81 |  |  |  |  |
|   | JU | 4.00 | 73.04 | 0.01 | -0.13 | -0.66 | 0.39 | 0.62 | 2.81 | -7.67 | 13.28 | 0.37 |
|   | JU24 | 3.00 | 66.91 | 0.05 | -1.16 | -1.78 | -0.54 | 0.00 | 1.15 | -71.75 | 74.05 | 0.87 |
|   | LC | 1.00 | 0.00 | 1.00 | -0.05 | -1.26 | 1.15 | 0.93 |  |  |  |  |
|   | MA | 1.00 | 0.00 | 1.00 | -1.19 | -2.34 | -0.05 | 0.04 |  |  |  |  |
|   | MB | 1.00 | 0.00 | 1.00 | -1.48 | -2.64 | -0.31 | 0.01 |  |  |  |  |
|   | MS | 1.00 | 0.00 | 1.00 | -0.14 | -1.26 | 0.98 | 0.80 |  |  |  |  |
|   | NF | 3.00 | 25.44 | 0.26 | -0.12 | -0.72 | 0.48 | 0.69 | -1.04 | -43.09 | 41.00 | 0.80 |
|   | PA360 | 1.00 | 0.00 | 1.00 | 0.80 | -0.27 | 1.88 | 0.14 |  |  |  |  |
|   | PL | 1.00 | 0.00 | 1.00 | 0.23 | -0.85 | 1.32 | 0.67 |  |  |  |  |
|   | Polar AW200 | 1.00 | 0.00 | 1.00 | -0.69 | -1.73 | 0.35 | 0.19 |  |  |  |  |
|   | SG | 1.00 | 0.00 | 1.00 | -0.54 | -1.59 | 0.51 | 0.31 |  |  |  |  |
|   | SWA | 12.00 | 87.57 | 0.00 | -0.12 | -0.43 | 0.19 | 0.45 | -1.11 | -6.72 | 4.49 | 0.67 |
|   | SWA p2 | 7.00 | 94.47 | 0.00 | -0.17 | -0.57 | 0.22 | 0.39 | -2.05 | -16.37 | 12.26 | 0.73 |
|   | SWA p3 | 12.00 | 93.03 | 0.00 | -0.32 | -0.62 | -0.01 | 0.04 | -0.49 | -8.81 | 7.82 | 0.89 |
|   | SWAM | 9.00 | 91.19 | 0.00 | 0.02 | -0.33 | 0.37 | 0.90 | 2.30 | -8.15 | 12.76 | 0.61 |
|   | TT | 1.00 | 0.00 | 1.00 | 0.67 | -0.40 | 1.73 | 0.22 |  |  |  |  |
|   | V | 1.00 | 0.00 | 1.00 | -0.47 | -1.51 | 0.57 | 0.38 |  |  |  |  |
|   | WP | 1.00 | 0.00 | 1.00 | -1.95 | -3.12 | -0.78 | 0.00 |  |  |  |  |
|   | WPO | 2.00 | 71.58 | 0.06 | -0.97 | -1.77 | -0.16 | 0.02 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.00 |  |  |  |  |  |  |  |  |
|   | Overall | 104.00 | 92.18 |  | -0.23 | -0.44 | -0.03 | 0.03 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   |   |  |  |  |  |  |  |  |  |  |  |  |
|   |
|   |
|   |
|   |
| AEE |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g) (95% CI) | Lower Limit | Upper limit | P-value |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | ACT | 1.00 | 0.00 | 1.00 | 0.56 | -0.61 | 1.73 | 0.35 |  |  |  |  |
|   | AW | 1.00 | 0.00 | 1.00 | -2.44 | -3.71 | -1.18 | 0.00 |  |  |  |  |
|   | AWS2 | 1.00 | 0.00 | 1.00 | 1.46 | 0.21 | 2.71 | 0.02 |  |  |  |  |
|   | BB1 | 1.00 | 0.00 | 1.00 | -1.37 | -2.57 | -0.17 | 0.03 |  |  |  |  |
|   | BMC | 3.00 | 92.83 | 0.00 | -0.38 | -1.06 | 0.30 | 0.28 | -8.62 | -94.18 | 76.94 | 0.42 |
|   | FB | 1.00 | 0.00 | 1.00 | -0.12 | -1.32 | 1.08 | 0.85 |  |  |  |  |
|   | FC2 | 1.00 | 0.00 | 1.00 | -0.20 | -1.40 | 1.01 | 0.75 |  |  |  |  |
|   | FCHR | 1.00 | 0.00 | 1.00 | -0.80 | -1.99 | 0.39 | 0.19 |  |  |  |  |
|   | FF | 1.00 | 0.00 | 1.00 | -0.65 | -1.82 | 0.52 | 0.28 |  |  |  |  |
|   | GVHR | 1.00 | 0.00 | 1.00 | 0.65 | -0.56 | 1.86 | 0.29 |  |  |  |  |
|   | JU | 2.00 | 47.50 | 0.17 | -0.46 | -1.28 | 0.37 | 0.28 |  |  |  |  |
|   | JU24 | 1.00 | 0.00 | 1.00 | -1.30 | -2.48 | -0.12 | 0.03 |  |  |  |  |
|   | MA | 1.00 | 0.00 | 1.00 | -1.19 | -2.47 | 0.08 | 0.07 |  |  |  |  |
|   | NF | 3.00 | 89.88 | 0.00 | -0.31 | -0.99 | 0.37 | 0.38 | -5.94 | -91.55 | 99.65 | 0.53 |
|   | PA360 | 1.00 | 0.00 | 1.00 | 1.01 | -0.22 | 2.24 | 0.11 |  |  |  |  |
|   | SG | 1.00 | 0.00 | 1.00 | -0.54 | -1.73 | 0.65 | 0.38 |  |  |  |  |
|   | SWA | 5.00 | 97.12 | 0.00 | -0.10 | -0.63 | 0.43 | 0.71 | -12.22 | -233.83 | 209.39 | 0.61 |
|   | SWA p2 | 3.00 | 64.19 | 0.06 | -0.78 | -1.48 | -0.08 | 0.03 | -1.93 | -90.60 | 86.75 | 0.82 |
|   | SWA p3 | 2.00 | 97.87 | 0.00 | -0.81 | -1.67 | 0.05 | 0.06 |  |  |  |  |
|   | SWAM | 3.00 | 91.43 | 0.00 | 0.12 | -0.55 | 0.80 | 0.72 | 34.56 | -115.76 | 184.88 | 0.21 |
|   | TT | 1.00 | 0.00 | 1.00 | 0.57 | -0.64 | 1.77 | 0.36 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.00 |  |  |  |  |  |  |  |  |
|   | Overall | 35.00 | 94.96 |  | -0.34 | -0.71 | 0.04 | 0.08 |  |  |  |  |
| Ambulation and stairs |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g) (95% CI) | Lower Limit | Upper limit | P-value |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | AGT3X | 1.00 | 0.00 | 1.00 | -0.35 | -1.50 | 0.81 | 0.56 |  |  |  |  |
|   | AW | 3.00 | 78.96 | 0.01 | 0.00 | -0.65 | 0.65 | 1.00 | -10.13 | -68.37 | 48.11 | 0.27 |
|   | BA | 1.00 | 0.00 | 1.00 | 0.14 | -1.02 | 1.31 | 0.81 |  |  |  |  |
|   | BMC | 2.00 | 0.00 | 0.36 | 0.05 | -0.75 | 0.85 | 0.90 |  |  |  |  |
|   | BP | 1.00 | 0.00 | 1.00 | 1.15 | -0.04 | 2.35 | 0.06 |  |  |  |  |
|   | EPUL | 1.00 | 0.00 | 1.00 | -0.35 | -1.50 | 0.80 | 0.55 |  |  |  |  |
|   | FC | 2.00 | 87.37 | 0.00 | 0.61 | -0.23 | 1.45 | 0.15 |  |  |  |  |
|   | FCHR | 5.00 | 76.12 | 0.00 | 0.78 | 0.28 | 1.29 | 0.00 | 1.63 | -11.54 | 14.79 | 0.72 |
|   | FF | 3.00 | 82.83 | 0.00 | 1.10 | 0.43 | 1.77 | 0.00 | 5.87 | -37.18 | 48.93 | 0.33 |
|   | GF225 | 1.00 | 0.00 | 1.00 | 0.87 | -0.24 | 1.98 | 0.12 |  |  |  |  |
|   | GF920XT | 1.00 | 0.00 | 1.00 | -0.50 | -1.68 | 0.67 | 0.40 |  |  |  |  |
|   | GVA | 1.00 | 0.00 | 1.00 | -0.16 | -1.33 | 1.00 | 0.78 |  |  |  |  |
|   | GVF | 4.00 | 91.90 | 0.00 | -1.24 | -1.86 | -0.62 | 0.00 | -13.76 | -19.72 | -7.80 | 0.01 |
|   | GVS | 1.00 | 0.00 | 1.00 | -0.10 | -1.26 | 1.07 | 0.87 |  |  |  |  |
|   | JU | 3.00 | 83.19 | 0.00 | 0.31 | -0.34 | 0.95 | 0.35 | -9.01 | -165.97 | 147.94 | 0.60 |
|   | JU24 | 1.00 | 0.00 | 1.00 | -0.09 | -1.23 | 1.04 | 0.87 |  |  |  |  |
|   | MB | 1.00 | 0.00 | 1.00 | -2.36 | -3.67 | -1.05 | 0.00 |  |  |  |  |
|   | NF | 1.00 | 0.00 | 1.00 | -0.08 | -1.21 | 1.04 | 0.88 |  |  |  |  |
|   | PL | 1.00 | 0.00 | 1.00 | 0.36 | -0.81 | 1.53 | 0.54 |  |  |  |  |
|   | Polar AW200 | 1.00 | 0.00 | 1.00 | -0.69 | -1.81 | 0.43 | 0.23 |  |  |  |  |
|   | SWA | 5.00 | 95.95 | 0.00 | 0.79 | 0.25 | 1.33 | 0.00 | 9.82 | 1.24 | 20.88 | 0.07 |
|   | SWA p2 | 2.00 | 96.06 | 0.00 | 0.18 | -0.63 | 0.99 | 0.67 |  |  |  |  |
|   | SWA p3 | 5.00 | 93.40 | 0.00 | 0.20 | -0.32 | 0.71 | 0.46 | 6.93 | -13.25 | 27.11 | 0.35 |
|   | SWAM | 5.00 | 81.80 | 0.00 | 0.43 | -0.09 | 0.94 | 0.10 | -3.29 | -18.40 | 11.81 | 0.54 |
|   | V | 1.00 | 0.00 | 1.00 | -1.42 | -2.58 | -0.27 | 0.02 |  |  |  |  |
|   | WP | 1.00 | 0.00 | 1.00 | -2.72 | -3.98 | -1.46 | 0.00 |  |  |  |  |
|   | WPO | 1.00 | 0.00 | 1.00 | -1.12 | -2.44 | 0.20 | 0.10 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.00 |  |  |  |  |  |  |  |  |
|   | Overall | 55.00 | 93.74 |  | -0.09 | -0.45 | 0.27 | 0.62 |  |  |  |  |
| Cycling |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g) (95% CI) | Lower Limit | Upper limit | P-value |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | AW | 1.00 | 0.00 | 1.00 | -0.09 | -1.54 | 1.35 | 0.90 |  |  |  |  |
|   | AWS2 | 1.00 | 0.00 | 1.00 | 1.70 | 0.18 | 3.21 | 0.03 |  |  |  |  |
|   | BMC | 1.00 | 0.00 | 1.00 | -0.53 | -1.98 | 0.92 | 0.47 |  |  |  |  |
|   | BP | 1.00 | 0.00 | 1.00 | -0.73 | -2.21 | 0.74 | 0.33 |  |  |  |  |
|   | FB | 1.00 | 0.00 | 1.00 | -0.91 | -2.36 | 0.55 | 0.22 |  |  |  |  |
|   | FC2 | 1.00 | 0.00 | 1.00 | -1.05 | -2.53 | 0.43 | 0.16 |  |  |  |  |
|   | FCHR | 2.00 | 97.72 | 0.00 | -0.76 | -1.83 | 0.31 | 0.16 |  |  |  |  |
|   | GVF | 1.00 | 0.00 | 1.00 | -3.70 | -5.55 | -1.84 | 0.00 |  |  |  |  |
|   | GVHR | 1.00 | 0.00 | 1.00 | 0.15 | -1.30 | 1.60 | 0.84 |  |  |  |  |
|   | JU24 | 1.00 | 0.00 | 1.00 | -3.67 | -5.28 | -2.05 | 0.00 |  |  |  |  |
|   | MB | 1.00 | 0.00 | 1.00 | -0.90 | -2.38 | 0.58 | 0.23 |  |  |  |  |
|   | PA360 | 1.00 | 0.00 | 1.00 | 0.60 | -0.86 | 2.06 | 0.42 |  |  |  |  |
|   | SWA | 3.00 | 89.39 | 0.00 | -0.60 | -1.45 | 0.25 | 0.17 | -15.80 | -409.77 | 378.16 | 0.70 |
|   | SWA p2 | 1.00 | 0.00 | 1.00 | 0.54 | -0.92 | 1.99 | 0.47 |  |  |  |  |
|   | SWA p3 | 3.00 | 54.95 | 0.11 | -0.54 | -1.38 | 0.31 | 0.21 | -6.68 | -54.80 | 41.43 | 0.32 |
|   | SWAM | 1.00 | 0.00 | 1.00 | -0.31 | -1.75 | 1.14 | 0.68 |  |  |  |  |
|   | TT | 1.00 | 0.00 | 1.00 | 0.76 | -0.70 | 2.23 | 0.31 |  |  |  |  |
|   | WP | 1.00 | 0.00 | 1.00 | -3.89 | -5.58 | -2.19 | 0.00 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.00 |  |  |  |  |  |  |  |  |
|   | Overall | 23.00 | 94.74 |  | -0.73 | -1.39 | -0.06 | 0.03 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
| Running |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g)  | Lower Limit | Upper limit | P-value |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | AW | 2.00 | 94.12 | 0.00 | 0.15 | -0.70 | 1.00 | 0.73 |  |  |  |  |
|   | BA | 1.00 | 0.00 | 1.00 | -0.61 | -1.90 | 0.67 | 0.35 |  |  |  |  |
|   | BMC | 2.00 | 94.58 | 0.00 | -0.15 | -1.01 | 0.71 | 0.73 |  |  |  |  |
|   | BP | 1.00 | 0.00 | 1.00 | 0.20 | -1.02 | 1.41 | 0.75 |  |  |  |  |
|   | EPUL | 1.00 | 0.00 | 1.00 | 0.07 | -1.16 | 1.29 | 0.91 |  |  |  |  |
|   | FC | 2.00 | 88.84 | 0.00 | -0.35 | -1.23 | 0.54 | 0.45 |  |  |  |  |
|   | FCHR | 4.00 | 66.80 | 0.03 | 0.50 | -0.11 | 1.11 | 0.11 | -0.45 | -22.54 | 21.64 | 0.94 |
|   | FF | 2.00 | 58.63 | 0.12 | 0.60 | -0.26 | 1.45 | 0.17 |  |  |  |  |
|   | GF920XT | 1.00 | 0.00 | 1.00 | -0.27 | -1.53 | 0.99 | 0.67 |  |  |  |  |
|   | GVA | 1.00 | 0.00 | 1.00 | 0.26 | -1.01 | 1.53 | 0.69 |  |  |  |  |
|   | GVF | 3.00 | 46.39 | 0.15 | -0.58 | -1.33 | 0.17 | 0.13 | -5.20 | -171.72 | 161.34 | 0.76 |
|   | GVS | 1.00 | 0.00 | 1.00 | 0.18 | -1.08 | 1.44 | 0.78 |  |  |  |  |
|   | JU | 2.00 | 15.55 | 0.28 | 0.63 | -0.24 | 1.50 | 0.16 |  |  |  |  |
|   | JU24 | 1.00 | 0.00 | 1.00 | 0.92 | -0.30 | 2.13 | 0.14 |  |  |  |  |
|   | MB | 1.00 | 0.00 | 1.00 | 0.17 | -1.04 | 1.39 | 0.78 |  |  |  |  |
|   | NF | 1.00 | 0.00 | 1.00 | 0.63 | -0.59 | 1.84 | 0.31 |  |  |  |  |
|   | PL | 1.00 | 0.00 | 1.00 | 0.21 | -1.04 | 1.45 | 0.74 |  |  |  |  |
|   | SWA | 3.00 | 96.79 | 0.00 | -0.14 | -0.89 | 0.60 | 0.70 | -0.73 | -178.03 | 176.57 | 0.97 |
|   | SWA p2 | 1.00 | 0.00 | 1.00 | -0.38 | -1.59 | 0.83 | 0.54 |  |  |  |  |
|   | SWA p3 | 2.00 | 88.85 | 0.00 | -1.34 | -2.22 | -0.46 | 0.00 |  |  |  |  |
|   | SWAM | 2.00 | 94.20 | 0.00 | 0.10 | -0.77 | 0.98 | 0.82 |  |  |  |  |
|   | V | 1.00 | 0.00 | 1.00 | -0.23 | -1.43 | 0.98 | 0.71 |  |  |  |  |
|   | WP | 1.00 | 0.00 | 1.00 | -2.37 | -3.68 | -1.06 | 0.00 |  |  |  |  |
|   | WPO | 1.00 | 0.00 | 1.00 | -0.42 | -1.78 | 0.93 | 0.54 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.04 |  |  |  |  |  |  |  |  |
|   | Overall | 38.00 | 92.05 |  | -0.08 | -0.41 | 0.25 | 0.65 |  |  |  |  |
| Sedentary and household  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g) (95% CI) | Lower Limit | Upper limit | P-value |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | AW | 3.00 | 97.07 | 0.00 | 0.29 | -0.49 | 1.07 | 0.47 | 3.11 | -389.99 | 396.22 | 0.93 |
|   | BMC | 2.00 | 85.52 | 0.01 | 0.52 | -0.41 | 1.45 | 0.27 |  |  |  |  |
|   | BP | 1.00 | 0.00 | 1.00 | -0.78 | -2.14 | 0.59 | 0.27 |  |  |  |  |
|   | EPUL | 1.00 | 0.00 | 1.00 | -0.31 | -1.65 | 1.02 | 0.65 |  |  |  |  |
|   | FCHR | 4.00 | 59.60 | 0.06 | -0.14 | -0.81 | 0.53 | 0.69 | -0.31 | -27.42 | 26.79 | 0.96 |
|   | FF | 1.00 | 0.00 | 1.00 | -0.30 | -1.62 | 1.02 | 0.66 |  |  |  |  |
|   | GF225 | 1.00 | 0.00 | 1.00 | 1.30 | -0.04 | 2.64 | 0.06 |  |  |  |  |
|   | GVF | 1.00 | 0.00 | 1.00 | -1.26 | -2.64 | 0.12 | 0.07 |  |  |  |  |
|   | JU | 1.00 | 0.00 | 1.00 | -0.85 | -2.20 | 0.51 | 0.22 |  |  |  |  |
|   | JU24 | 1.00 | 0.00 | 1.00 | -0.94 | -2.28 | 0.40 | 0.17 |  |  |  |  |
|   | MB | 1.00 | 0.00 | 1.00 | -1.34 | -2.75 | 0.08 | 0.06 |  |  |  |  |
|   | SWA p2 | 2.00 | 0.00 | 0.60 | 0.71 | -0.23 | 1.64 | 0.14 |  |  |  |  |
|   | SWA p3 | 4.00 | 91.27 | 0.00 | 0.67 | 0.00 | 1.34 | 0.05 | 8.42 | -16.91 | 33.74 | 0.29 |
|   | SWAM | 5.00 | 97.42 | 0.00 | 0.04 | -0.55 | 0.63 | 0.90 | 22.71 | -42.47 | 87.89 | 0.35 |
|   | V | 1.00 | 0.00 | 1.00 | 0.00 | -1.32 | 1.32 | 1.00 |  |  |  |  |
|   | WP | 1.00 | 0.00 | 1.00 | -0.62 | -1.97 | 0.73 | 0.37 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Between |  |  | 0.06 |  |  |  |  |  |  |  |  |
|   | Overall | 30.00 | 94.84 |  | -0.09 | -0.51 | 0.32 | 0.66 |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |
| TEE (DLW) |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | n | I-squared (between studies) | P-value | Effect size (Hedges’ g) (95% CI) | Lower Limit | Upper limit | P-value |  |  |  |  |
|  | EP | 1.00 | 0.00 | 1.00 | -0.68 | -1.58 | 0.21 | 0.16 |  |  |  |  |
|  | FF | 1.00 | 0.00 | 1.00 | -0.48 | -1.35 | 0.38 | 0.27 |  |  |  |  |
|  | GVF | 1.00 | 0.00 | 1.00 | -1.62 | -2.63 | -0.62 | 0.00 |  |  |  |  |
|  | JU24 | 1.00 | 0.00 | 1.00 | -1.96 | -2.97 | -0.95 | 0.00 |  |  |  |  |
|  | MS | 1.00 | 0.00 | 1.00 | -0.68 | -1.65 | 0.29 | 0.17 |  |  |  |  |
|  | SWA | 2.00 | 57.21 | 0.13 | 0.14 | -0.46 | 0.75 | 0.65 |  |  |  |  |
|  | SWA p2 | 1.00 | 0.00 | 1.00 | -0.23 | -1.07 | 0.60 | 0.59 |  |  |  |  |
|  | SWA p3 | 5.00 | 94.20 | 0.00 | -0.25 | -0.64 | 0.13 | 0.19 | 7.03 | -31.01 | 45.07 | 0.60 |
|  | SWAM | 2.00 | 0.00 | 0.99 | -0.04 | -0.64 | 0.56 | 0.90 |  |  |  |  |
|  | WPO | 1.00 | 0.00 | 1.00 | -1.68 | -2.62 | -0.75 | 0.00 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Between |  |  | 0.00 |  |  |  |  |  |  |  |  |
|  | Overall | 16.00 | 92.71 |  | -0.68 | -1.15 | -0.21 | 0.00 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |

Device statistics for each activity. Bold indicates that at least 3 effect sizes could be pooled.

Abbreviations: Activity energy expenditure (AEE), Total energy expenditure (TEE). Device abbreviations: Actical (ACT), Actigraph GT3X (AGT3X), Apple watch (AW), Apple Watch series 2 (AWS2), Beurer (BA) Basis b1 (BB1), Bodymedia CORE armband (BMC), Basis Peak (BP), Epson Pulsense (EP), ePulse Personal Fitness Assistant (EPUL), Fitbit blaze (FB), Fitbit C harge (FC), Fitbit Charge 2 (FC2), Fitbit Charge HR (FCHR), Fitbit Flex (FF), Garmin Forerunner 225 (GF225), Garmin Forerunner 920XT (GF920XT), Garmin Vivoactive (GVA), Garmin vivofit (GVF), Garmin vivosmart (GVS), Garmin Vivosmart HR (GVHR), Jawbone UP (JU), Jawbone UP24 (JU24), LifeChek calorie sensor (LC), Mio Alpha (MA), Microsoft band (MB), Misfit Shine (MS), Polar: AW360 (PA360), Nike Fuel band (NF), Polar Loop (PL), Polar: AW200 (PO200), Samsung Gear S (SG), SenseWear Armband (SWA), SenseWear Armband Pro 2 (SWA p2), SenseWear Armband Pro 3 (SWA p3), SenseWear Armband MINI (SWAM), TOMTOM Touch (TT), Vivago (V), Withings Pulse (WP), Withings Pulse O2 (WPO).