

**APPENDIX 2**

**Table S1.** Cross-sectional associations of movement behaviors with body composition and cardiometabolic health in gestational week 14 assessed using compositional analysis.

	Unadjusted		Adjusted <sup>1</sup>		Diet quality <sup>2</sup>	
	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>
<b>Body weight (kg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-1.487	0.212	-0.972	0.446	-0.712	0.578
<i>LPA vs SB and sleep</i>	-4.768	0.094	-5.959	0.047	-6.243	0.036
<i>SB vs sleep</i>	-6.303	0.277	-5.982	0.305	-6.244	0.291
<b>BMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.499	0.210	-0.342	0.420	-0.224	0.594
<i>LPA vs SB and sleep</i>	-0.270	0.776	-0.650	0.515	-0.782	0.424
<i>SB vs sleep</i>	-1.997	0.302	-1.891	0.330	-2.012	0.301
<b>FMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.640	0.052	-0.543	0.124	-0.440	0.207
<i>LPA vs SB and sleep</i>	-0.882	0.261	-1.131	0.172	-1.232	0.130
<i>SB vs sleep</i>	-2.019	0.208	-1.808	0.262	-1.972	0.222
<b>FFMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	0.141	0.309	0.201	0.172	0.216	0.144
<i>LPA vs SB and sleep</i>	0.612	0.064	0.481	0.164	0.450	0.191
<i>SB vs sleep</i>	0.022	0.974	-0.082	0.902	-0.040	0.953
<b>Glucose (mmol/l)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.025	0.448	-0.013	0.707	-0.010	0.778
<i>LPA vs SB and sleep</i>	0.091	0.253	0.061	0.461	0.053	0.519
<i>SB vs sleep</i>	-0.278	0.086	-0.277	0.086	-0.262	0.111
<b>HOMA-IR</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.199	0.056	-0.173	0.113	-0.151	0.171
<i>LPA vs SB and sleep</i>	-0.495	0.047	-0.557	0.031	-0.572	0.027
<i>SB vs sleep</i>	-1.365	0.007	-1.188	0.018	-1.236	0.016
<b>Systolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.581	0.519	-0.530	0.585	-0.532	0.590
<i>LPA vs SB and sleep</i>	-1.296	0.547	-1.397	0.540	-1.526	0.507
<i>SB vs sleep</i>	-0.133	0.976	-0.038	0.993	0.474	0.917
<b>Diastolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.383	0.537	-0.424	0.527	-0.394	0.563
<i>LPA vs SB and sleep</i>	-2.704	0.068	-2.626	0.096	-2.696	0.090
<i>SB vs sleep</i>	1.848	0.540	1.844	0.547	1.957	0.535
<b>MetS score</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.369	0.000	-0.343	0.002	-0.318	0.005
<i>LPA vs SB and sleep</i>	-0.248	0.317	-0.315	0.228	-0.337	0.196
<i>SB vs sleep</i>	-0.605	0.231	-0.516	0.310	-0.555	0.284

MVPA, moderate to vigorous physical activity; LPA, light physical activity; SB, sedentary behavior; BMI, body mass index; FMI, fat mass index; FFMI, fat free mass index; HOMA-IR, homeostatic model assessment for insulin resistance; MetS score, metabolic syndrome score.

<sup>1</sup> Model adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).

<sup>2</sup> Model adjusted for maternal age, parity (0 vs  $\geq 1$ ), education level (university vs no university degree) and diet quality (i.e., Swedish Healthy Eating Index total score) in gestational week 14.

**Table S2.** Longitudinal associations of baseline movement behaviors with body composition and cardiometabolic health in gestational week 37 assessed using compositional analysis.

	Crude <sup>1</sup>		Adjusted <sup>2</sup>		Diet quality <sup>3</sup>	
	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>
<b>Change in body weight (kg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.485	0.179	-0.382	0.324	-0.352	0.365
<i>LPA vs SB and sleep</i>	-1.711	0.068	-1.947	0.053	-2.086	0.040
<i>SB vs sleep</i>	-0.918	0.620	0.068	0.971	0.080	0.966
<b>Change in BMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.183	0.153	-0.151	0.276	-0.137	0.320
<i>LPA vs SB and sleep</i>	-0.371	0.264	-0.467	0.189	-0.521	0.145
<i>SB vs sleep</i>	-0.211	0.748	0.072	0.915	0.073	0.913
<b>Change in FMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.152	0.171	-0.072	0.542	-0.064	0.588
<i>LPA vs SB and sleep</i>	-0.471	0.100	-0.668	0.028	-0.709	0.021
<i>SB vs sleep</i>	-0.065	0.909	0.228	0.689	0.228	0.688
<b>Change in FFMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.088	0.195	-0.132	0.070	-0.119	0.102
<i>LPA vs SB and sleep</i>	-0.006	0.972	0.077	0.677	0.052	0.777
<i>SB vs sleep</i>	-0.214	0.538	-0.215	0.538	-0.204	0.557
<b>Change in glucose (mmol/l)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.057	0.168	-0.020	0.656	-0.015	0.736
<i>LPA vs SB and sleep</i>	-0.219	0.043	-0.315	0.006	-0.322	0.005
<i>SB vs sleep</i>	-0.114	0.603	-0.097	0.659	-0.097	0.660
<b>Change in HOMA-IR</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.166	0.089	-0.101	0.338	-0.095	0.372
<i>LPA vs SB and sleep</i>	-0.619	0.016	-0.779	0.004	-0.795	0.004
<i>SB vs sleep</i>	-0.963	0.063	-0.907	0.083	-0.911	0.083
<b>Change in systolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	0.741	0.431	-0.205	0.837	-0.043	0.965
<i>LPA vs SB and sleep</i>	-0.442	0.856	1.717	0.503	1.264	0.621
<i>SB vs sleep</i>	-0.303	0.950	0.876	0.857	1.196	0.804
<b>Change in diastolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	0.725	0.276	-0.152	0.827	-0.067	0.923
<i>LPA vs SB and sleep</i>	-0.402	0.816	1.628	0.362	1.365	0.446
<i>SB vs sleep</i>	-0.398	0.908	0.289	0.932	0.566	0.867
<b>Change in MetS score</b>						
<i>MVPA vs LPA, SB and sleep</i>	0.001	0.991	0.014	0.869	0.020	0.810
<i>LPA vs SB and sleep</i>	-0.410	0.040	-0.470	0.027	-0.490	0.022
<i>SB vs sleep</i>	-0.398	0.325	-0.253	0.535	-0.245	0.548

MVPA, moderate to vigorous physical activity; LPA, light physical activity; SB, sedentary behavior; BMI, body mass index; FMI, fat mass index; FFMI, fat free mass index; HOMA-IR, homeostatic model assessment for insulin resistance; MetS score, metabolic syndrome score.

<sup>1</sup> Crude model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow up.

<sup>2</sup> Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).

<sup>3</sup> Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) at baseline and follow up, confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree], group allocation [intervention vs control]) and diet quality (i.e., Swedish Healthy Eating Index total score) in gestational week 37.

**Table S3.** Longitudinal associations of changes in movement behaviors between gestational weeks 14 and 37 with outcomes in week 37 assessed using compositional analysis.

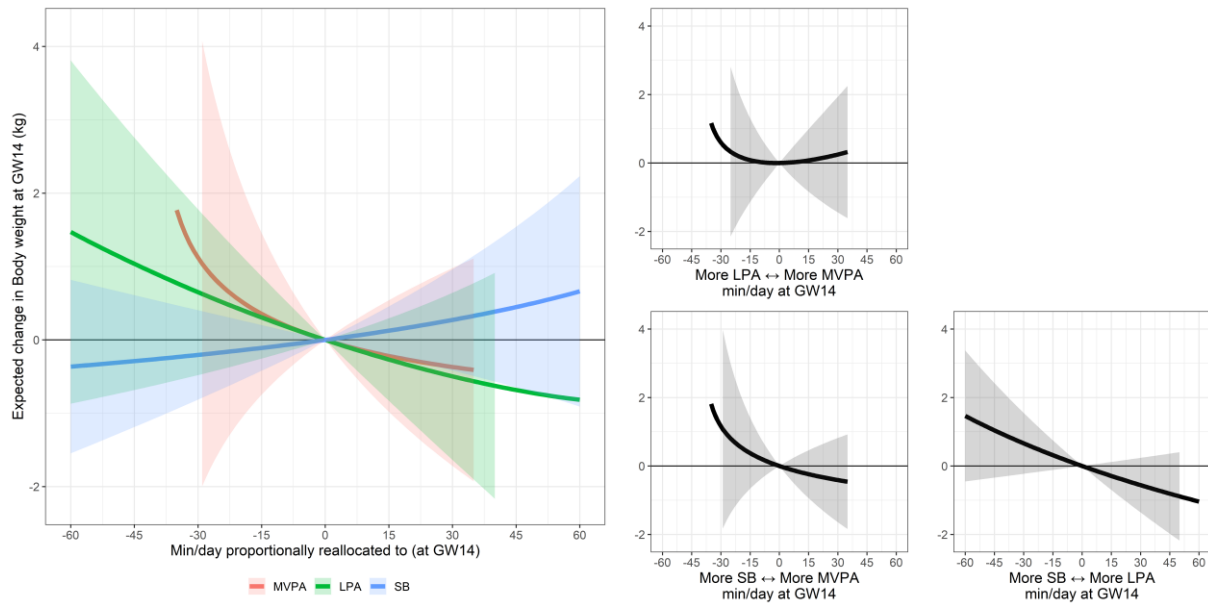
	Crude <sup>1</sup>		Adjusted <sup>2</sup>		Diet quality <sup>3</sup>	
	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>	$\gamma$	<i>P</i>
<b>Change in body weight (kg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.116	0.710	-0.161	0.609	-0.133	0.675
<i>LPA vs SB and sleep</i>	-1.351	0.160	-1.357	0.162	-1.498	0.131
<i>SB vs sleep</i>	1.391	0.406	1.924	0.253	1.923	0.254
<b>Change in BMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.112	0.316	-0.127	0.261	-0.118	0.296
<i>LPA vs SB and sleep</i>	-0.455	0.183	-0.473	0.172	-0.542	0.124
<i>SB vs sleep</i>	0.688	0.250	0.897	0.137	0.901	0.135
<b>Change in FMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.100	0.301	-0.106	0.271	-0.097	0.315
<i>LPA vs SB and sleep</i>	-0.342	0.245	-0.438	0.138	-0.482	0.110
<i>SB vs sleep</i>	0.689	0.180	0.907	0.077	0.912	0.076
<b>Change in FFMI (kg/m<sup>2</sup>)</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.032	0.584	-0.043	0.469	-0.032	0.592
<i>LPA vs SB and sleep</i>	-0.178	0.323	-0.099	0.584	-0.135	0.462
<i>SB vs sleep</i>	0.064	0.838	0.086	0.784	0.079	0.800
<b>Change in glucose (mmol/l)</b>						
<i>MVPA vs LPA, SB and sleep</i>	0.006	0.864	0.018	0.624	0.023	0.537
<i>LPA vs SB and sleep</i>	0.053	0.639	0.037	0.746	0.026	0.822
<i>SB vs sleep</i>	0.253	0.196	0.310	0.112	0.306	0.117
<b>Change in HOMA-IR</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.015	0.860	0.008	0.927	0.015	0.863
<i>LPA vs SB and sleep</i>	0.020	0.939	0.024	0.928	0.006	0.982
<i>SB vs sleep</i>	0.093	0.839	0.171	0.711	0.167	0.719
<b>Change in systolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	2.415	0.004	2.116	0.010	2.258	0.006
<i>LPA vs SB and sleep</i>	-4.807	0.057	-3.332	0.184	-3.877	0.125
<i>SB vs sleep</i>	-0.626	0.886	-0.466	0.915	-0.448	0.917
<b>Change in diastolic blood pressure (mmHg)</b>						
<i>MVPA vs LPA, SB and sleep</i>	1.501	0.010	1.266	0.026	1.336	0.018
<i>LPA vs SB and sleep</i>	-3.296	0.064	-1.918	0.270	-2.192	0.214
<i>SB vs sleep</i>	0.388	0.901	0.233	0.939	0.337	0.912
<b>Change in MetS score</b>						
<i>MVPA vs LPA, SB and sleep</i>	-0.001	0.989	-0.002	0.971	0.008	0.904
<i>LPA vs SB and sleep</i>	-0.404	0.051	-0.373	0.074	-0.396	0.062
<i>SB vs sleep</i>	-0.105	0.772	0.035	0.924	0.042	0.909

MVPA, moderate to vigorous physical activity; LPA, light physical activity; SB, sedentary behavior; BMI, body mass index; FMI, fat mass index; FFMI, fat free mass index; HOMA-IR, homeostatic model assessment for insulin resistance; MetS score, metabolic syndrome score.

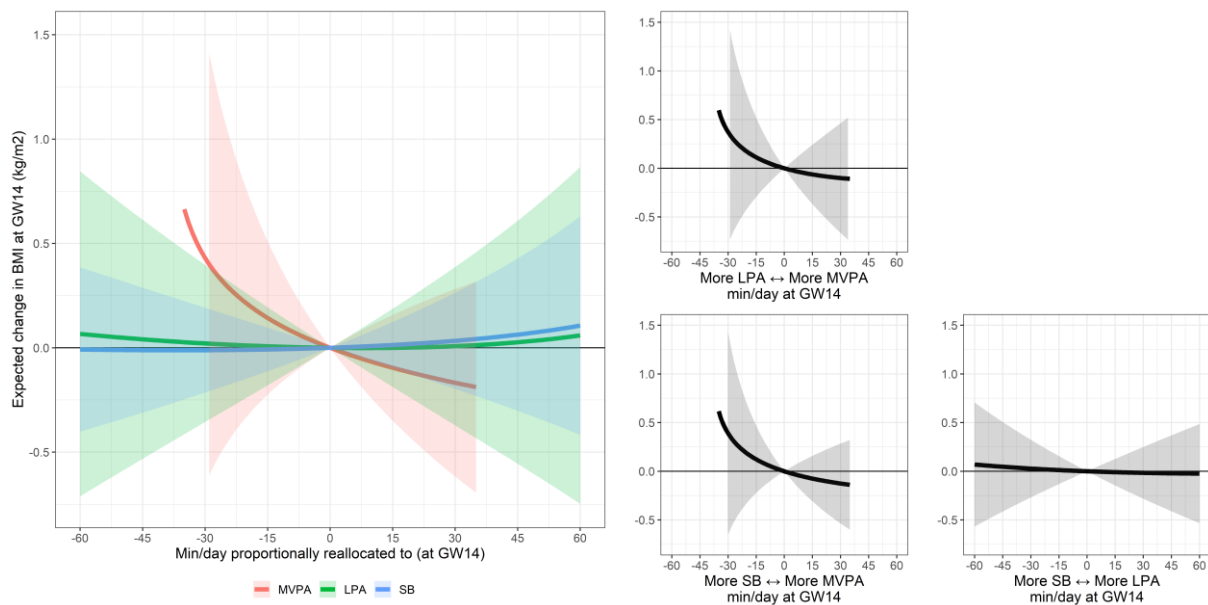
<sup>1</sup> Crude model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) at baseline and follow up.

<sup>2</sup> Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) at baseline and follow up and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).

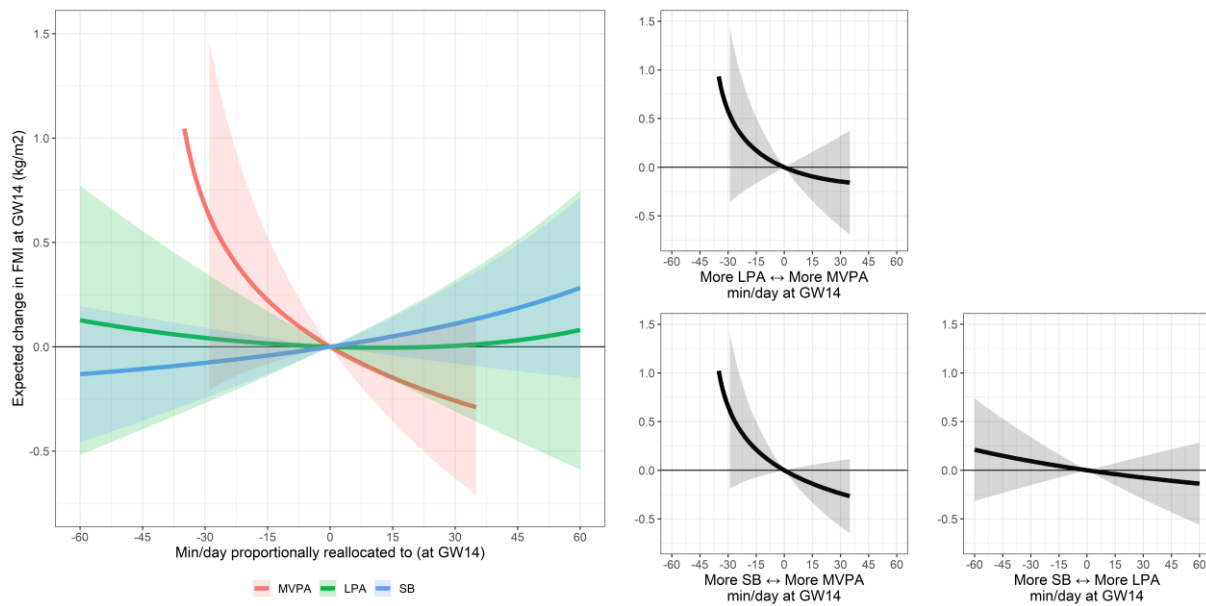
<sup>3</sup> Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) at baseline and follow up, confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree], group allocation [intervention vs control]) and diet quality (i.e., Swedish Healthy Eating Index total score) in gestational week 37.



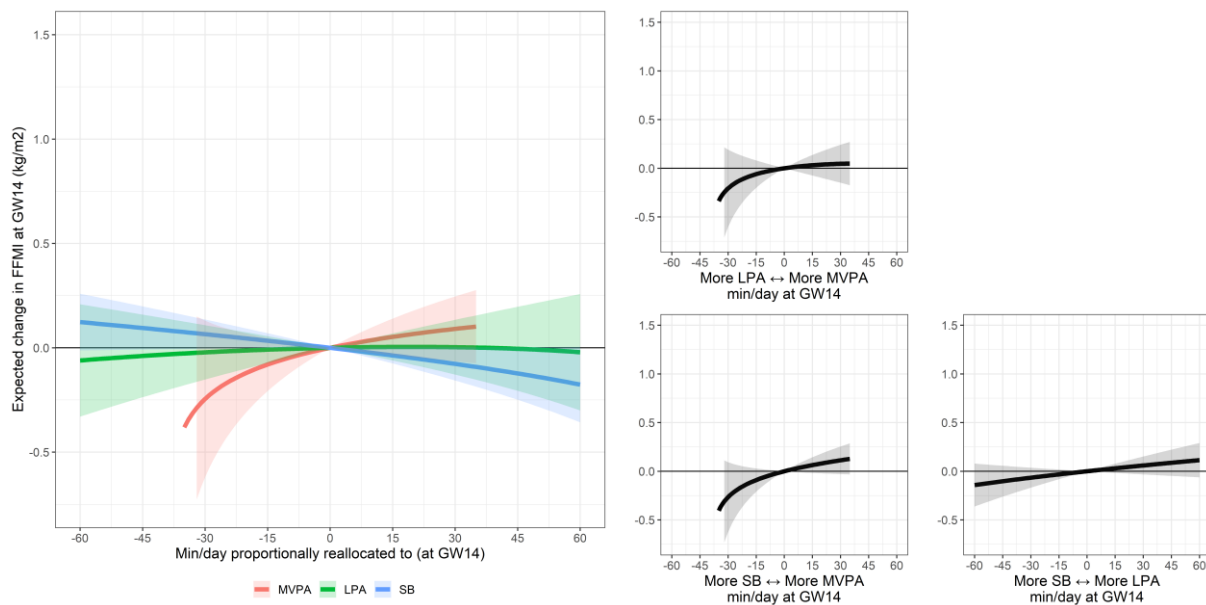
**Figure S1.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with body weight in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).



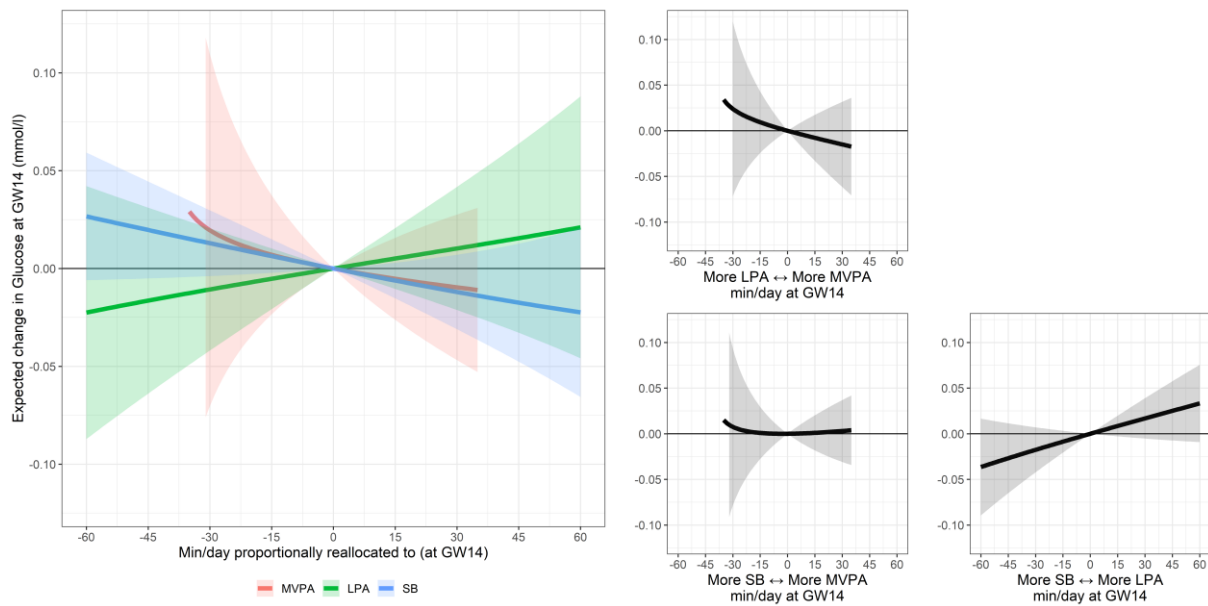
**Figure S2.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with body mass index (BMI) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).



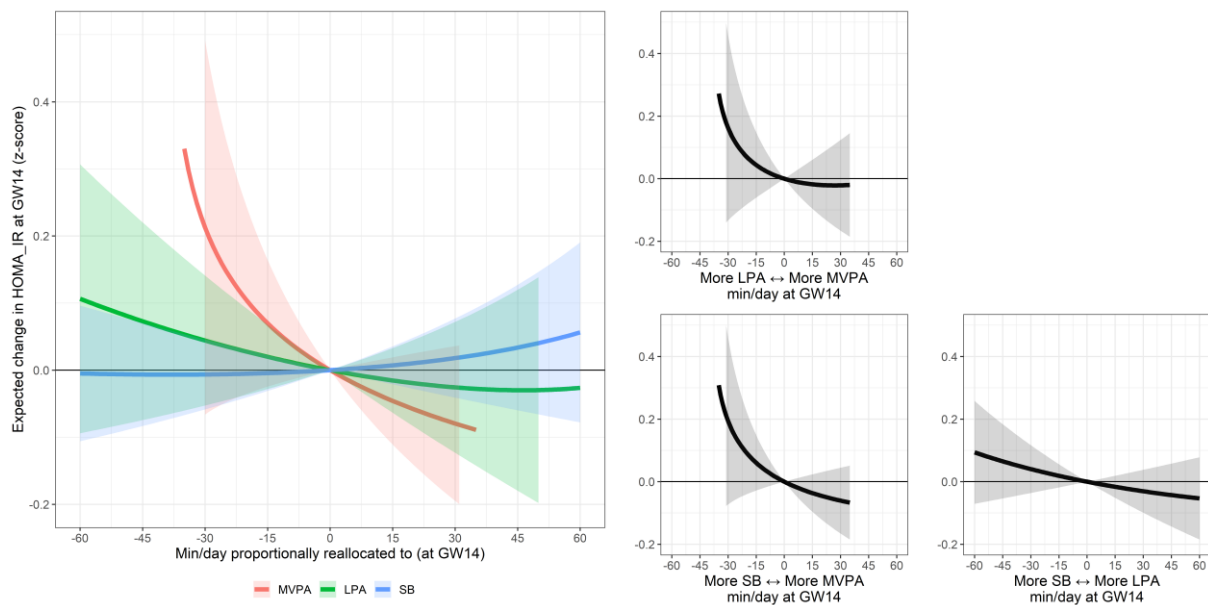
**Figure S3.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with fat mass index (FMI) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).



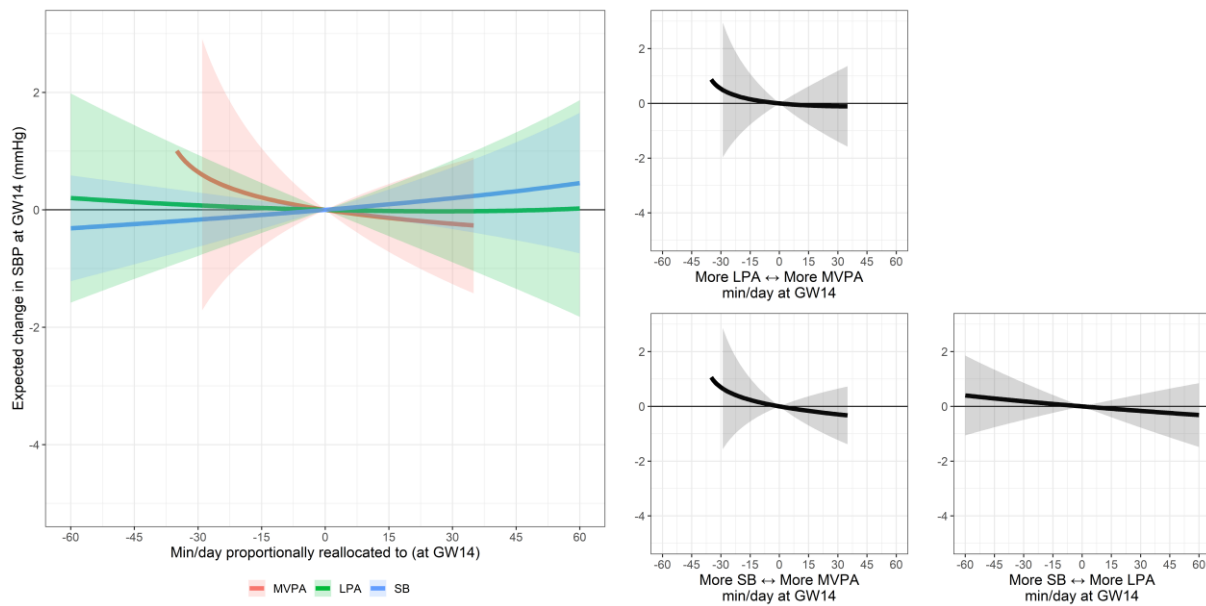
**Figure S4.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with fat free mass index (FFMI) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).



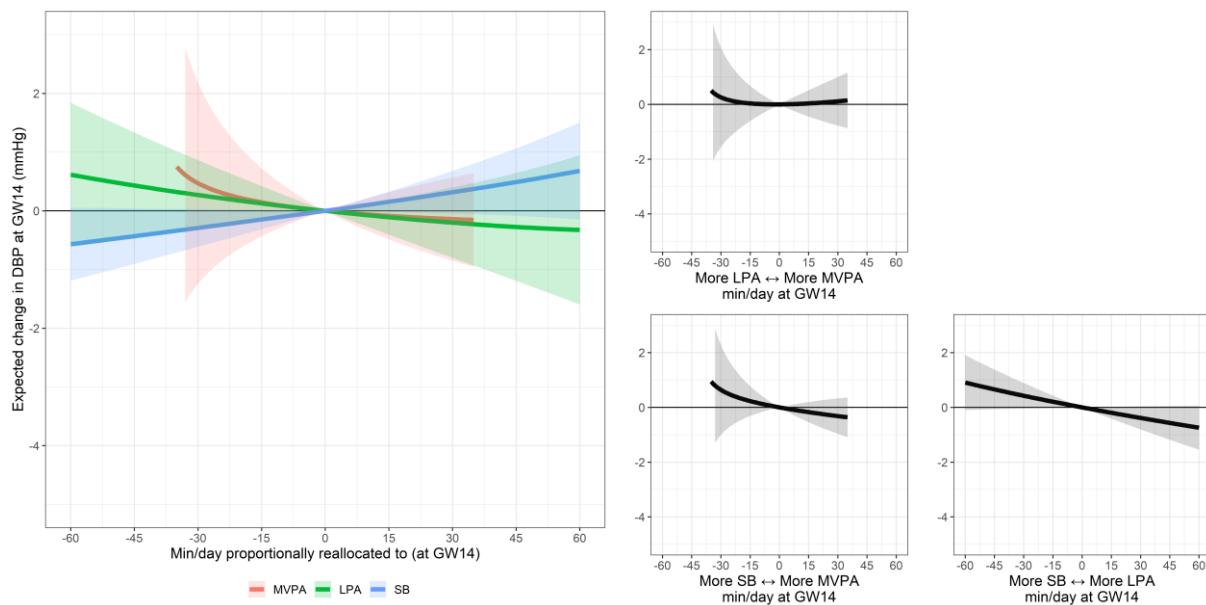
**Figure S5.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week(GW) 14 with glucose levels in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).



**Figure S6.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with homeostatic model assessment for insulin resistance (HOMA-IR) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).

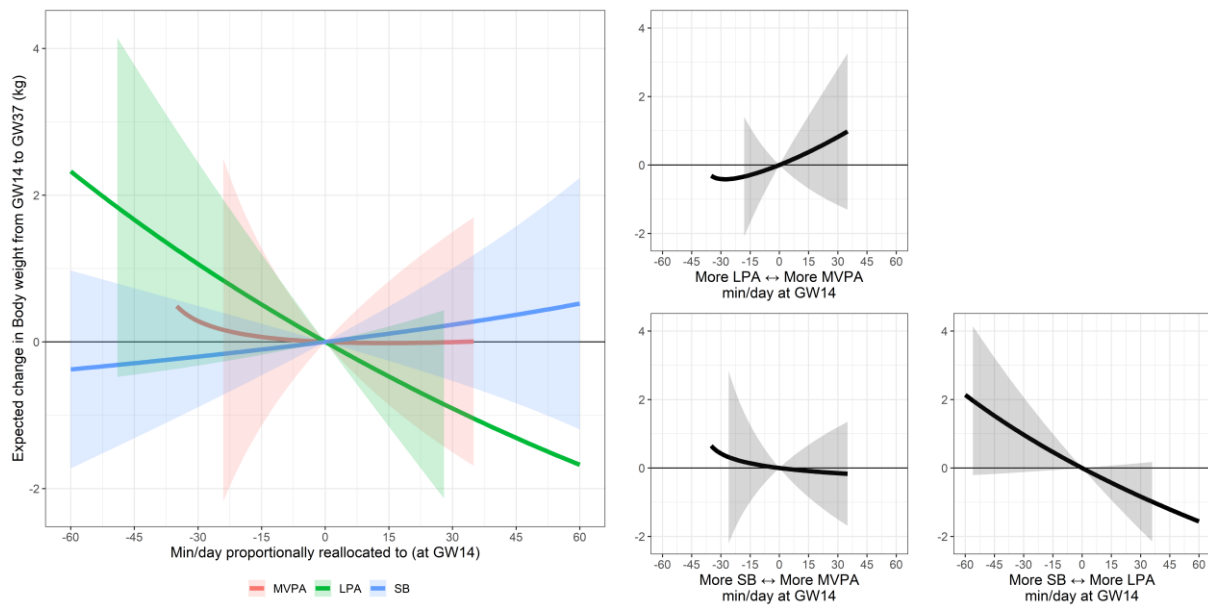


**Figure S7.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with systolic blood pressure (SBP) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).

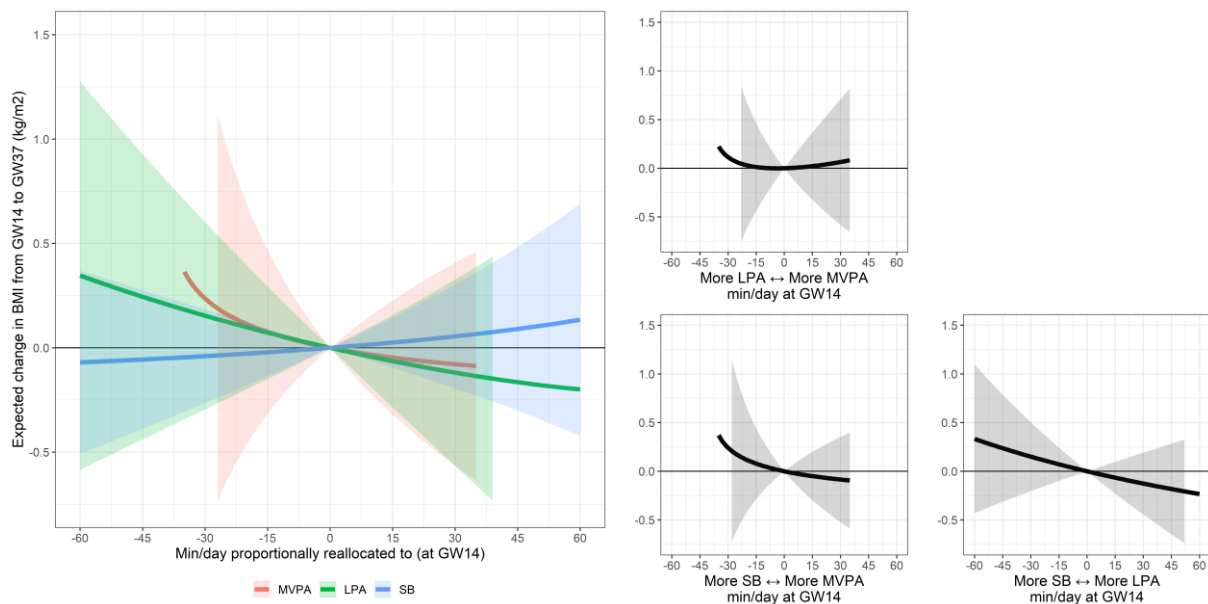


**Figure S8.** Cross-sectional associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with diastolic blood pressure (DBP) in GW14. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Models are adjusted for maternal age, parity (0 vs  $\geq 1$ ), and education level (university vs no university degree).

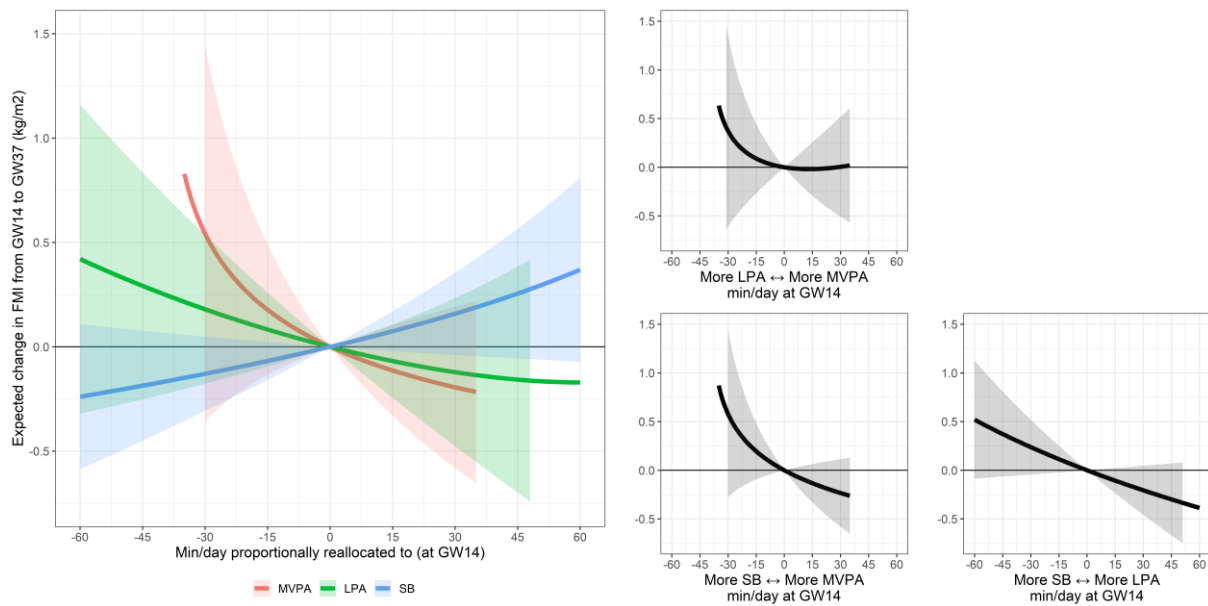




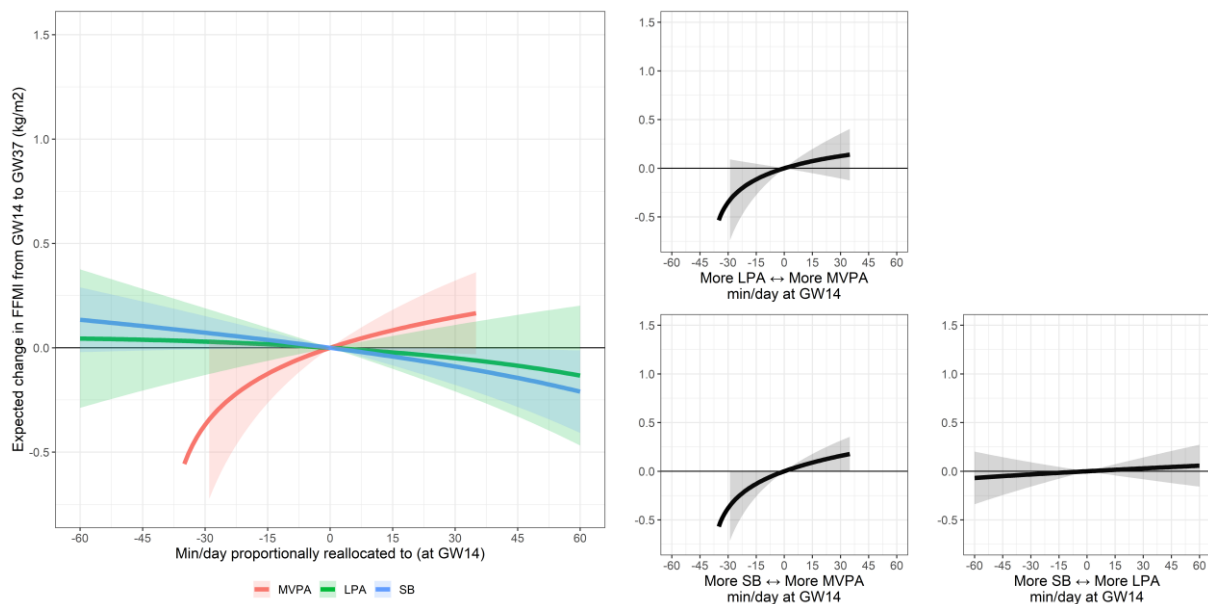
**Figure S9.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with body weight in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



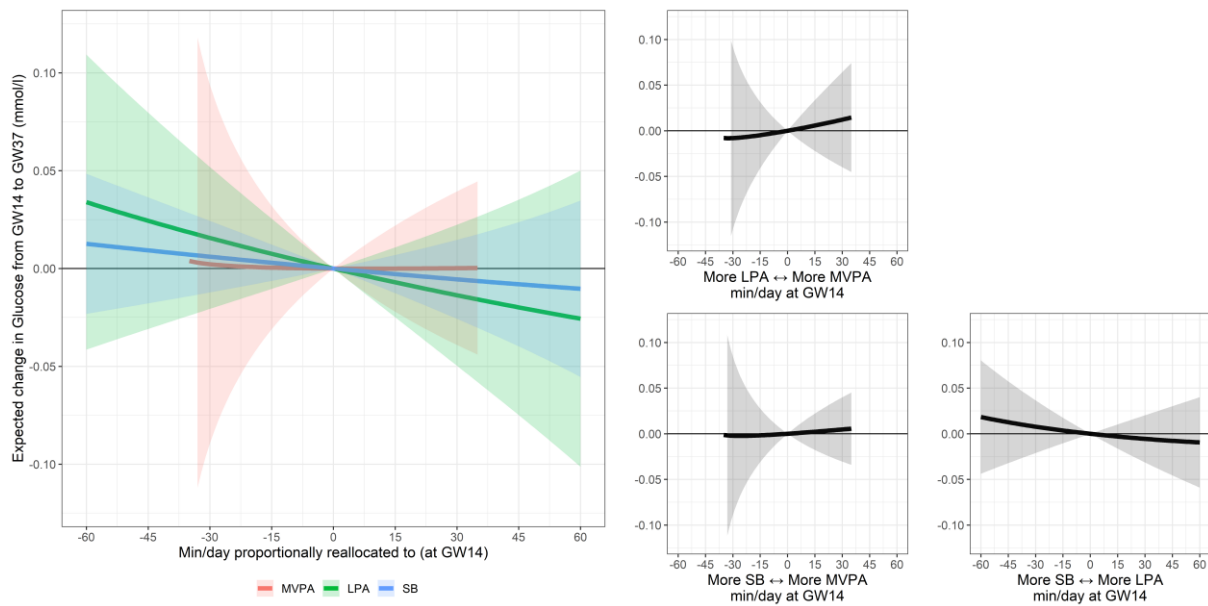
**Figure S10.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with body mass index (BMI) in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



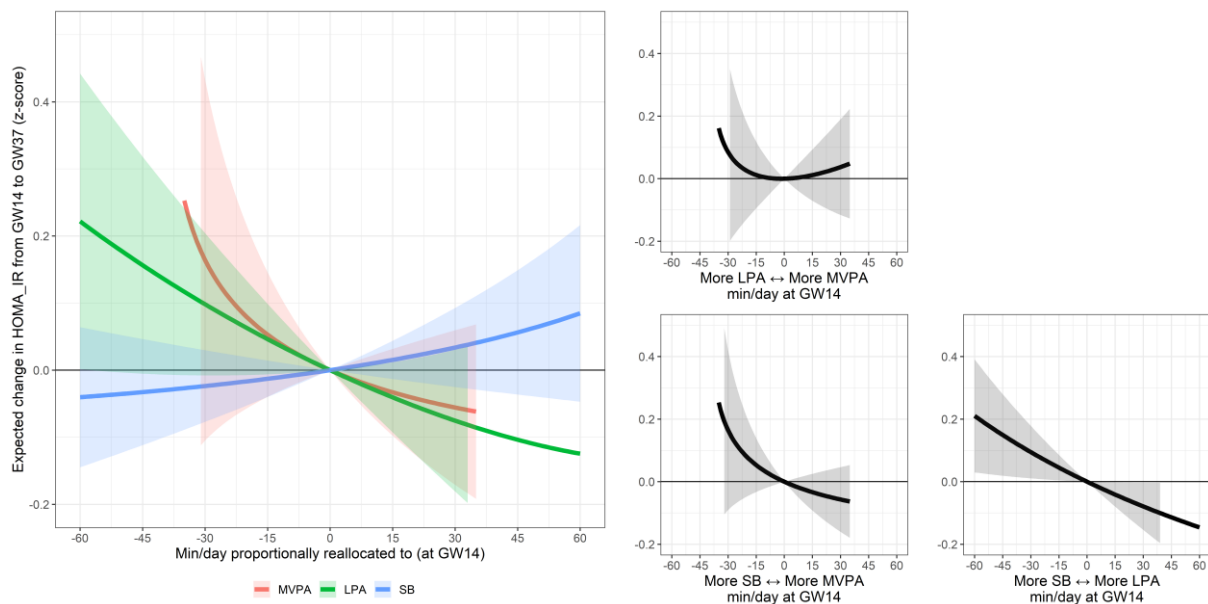
**Figure S11.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with fat mass index (FMI) in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



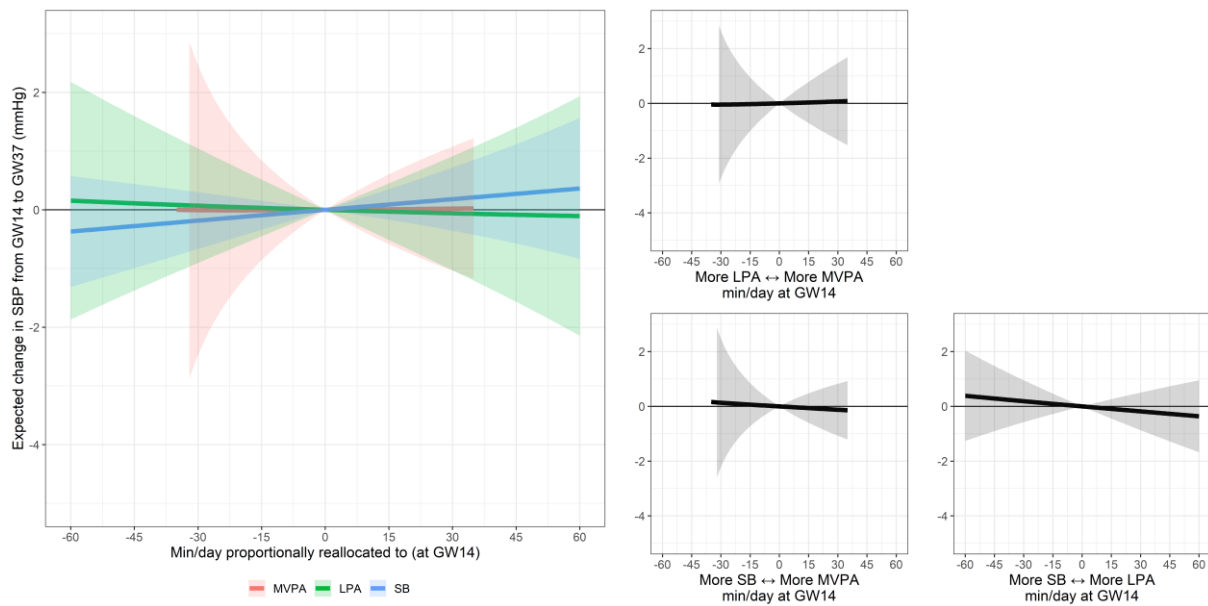
**Figure S12.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with fat free mass index (FFMI) in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



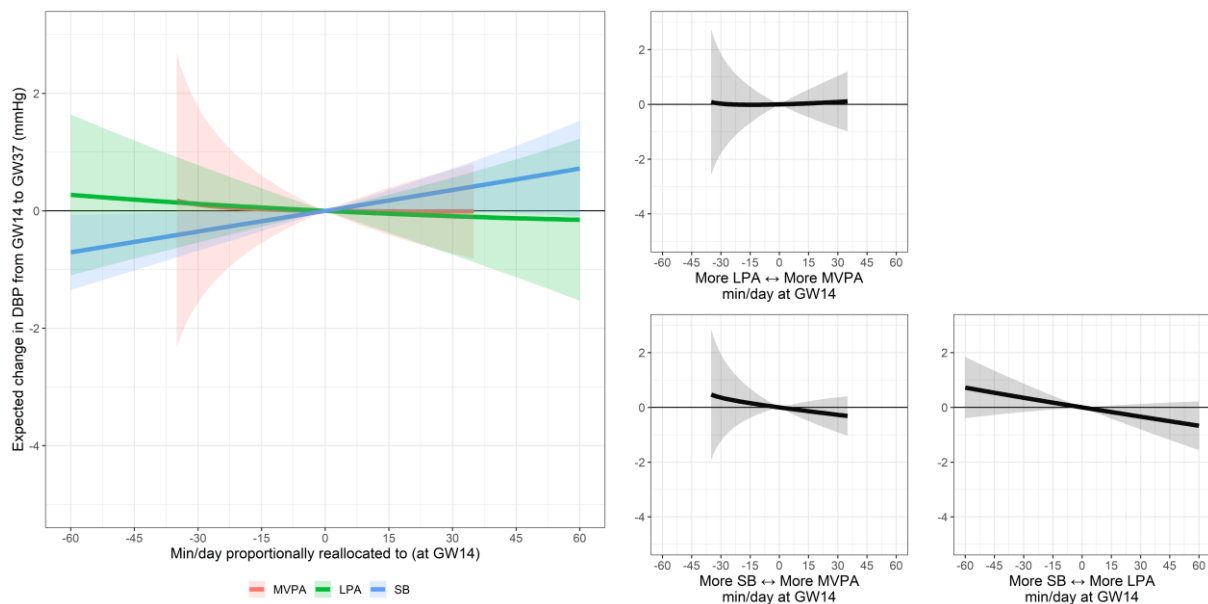
**Figure S13.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with glucose levels in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



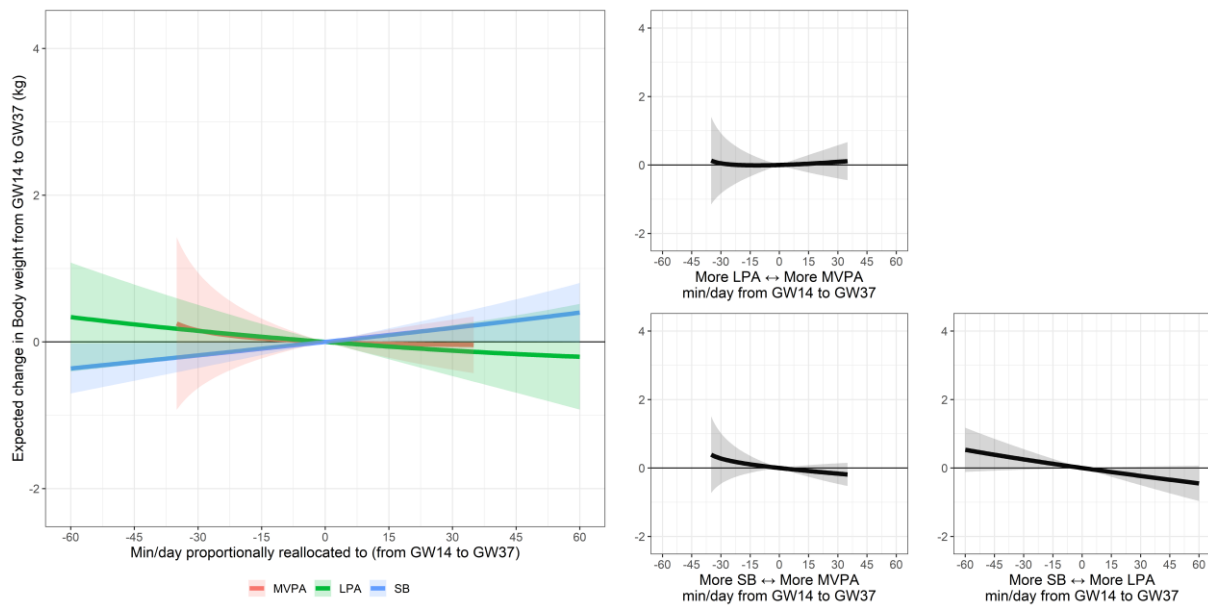
**Figure S14.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with homeostatic model assessment for insulin resistance in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



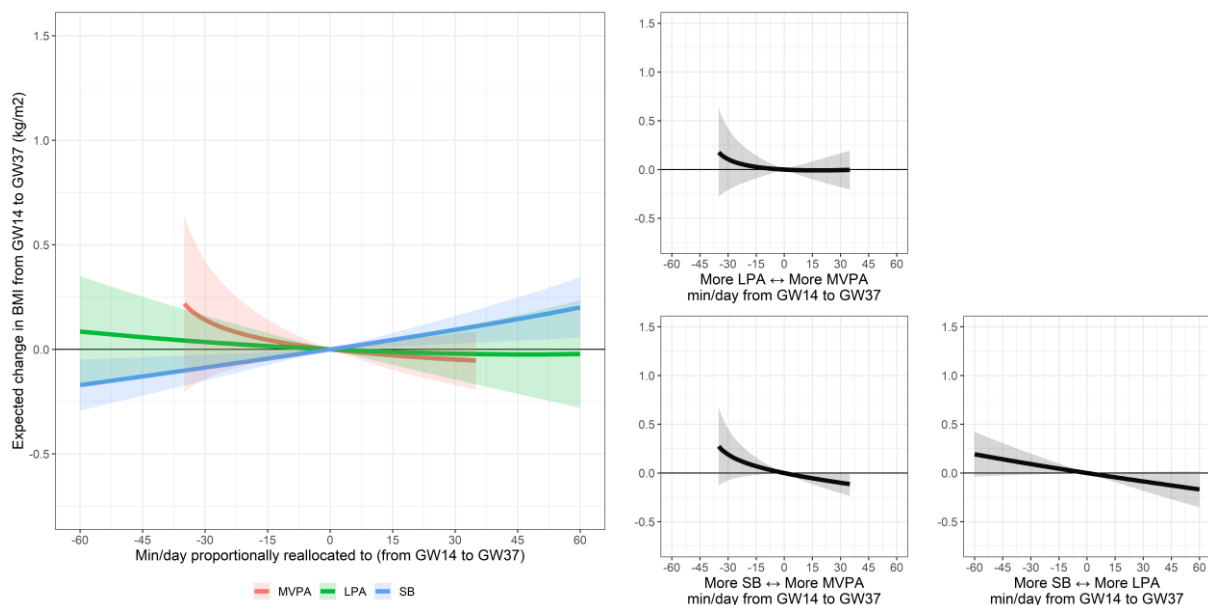
**Figure S15.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with systolic blood pressure (SBP) in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



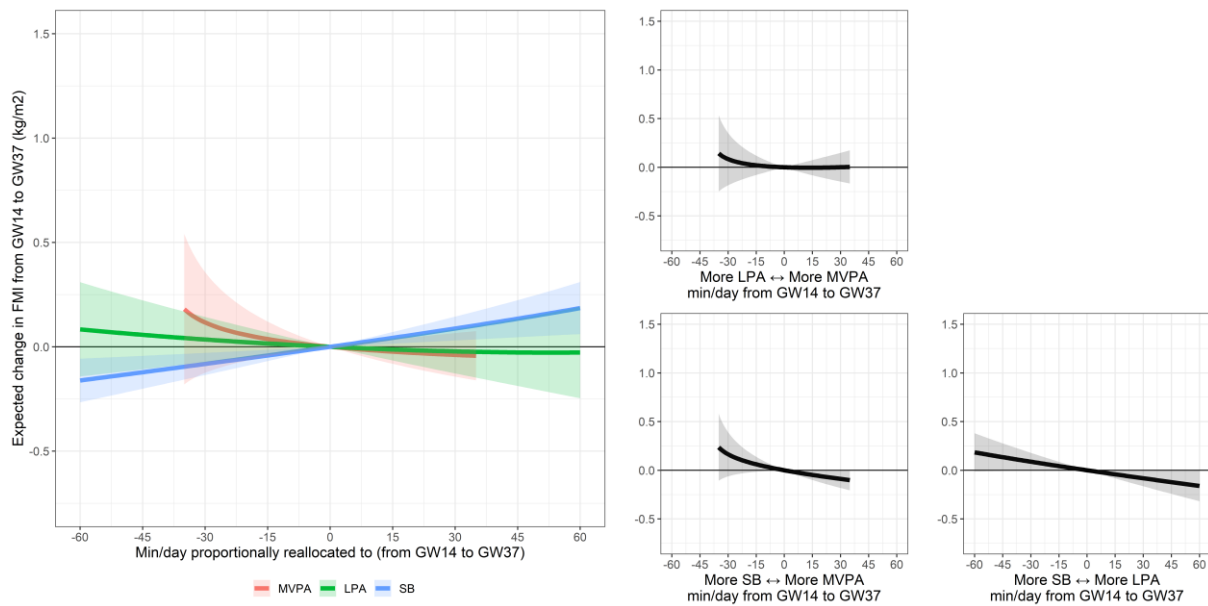
**Figure S16.** Longitudinal associations of moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors in gestational week (GW) 14 with diastolic blood pressure (DBP) in GW37. The colored lines represent the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). The black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



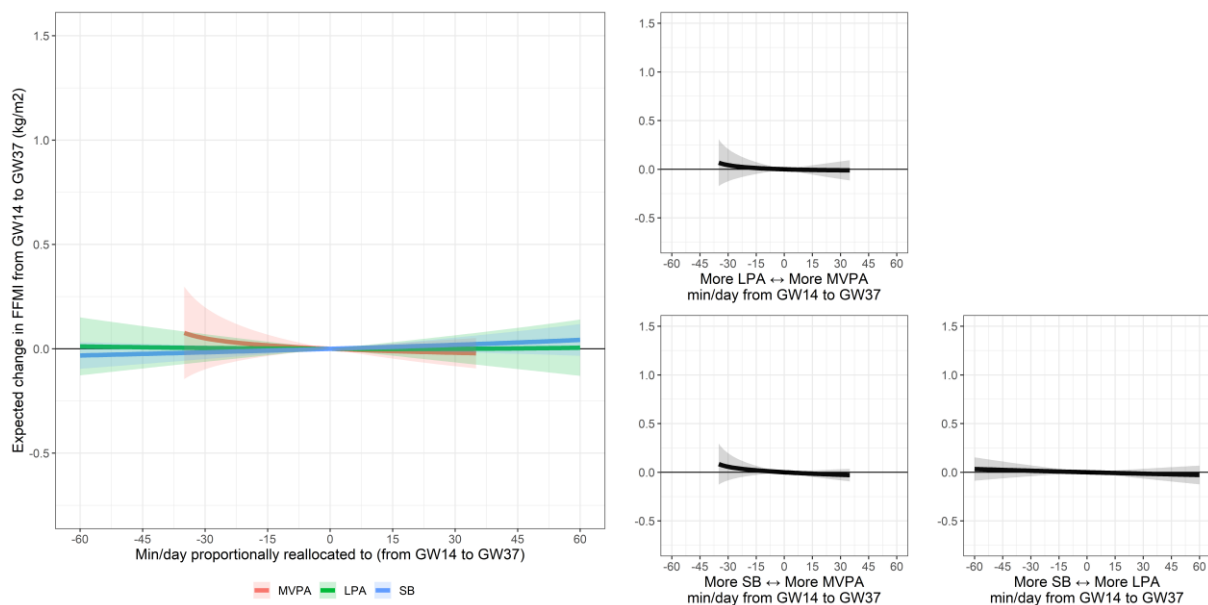
**Figure S17.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with body weight in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



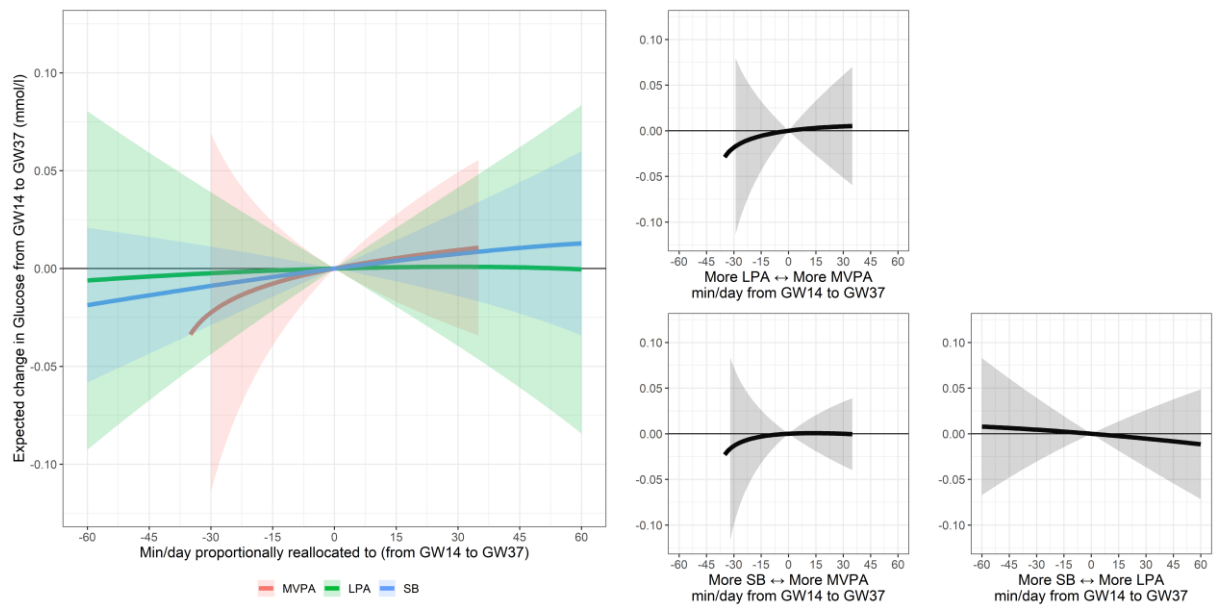
**Figure S18.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with body mass index (BMI) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



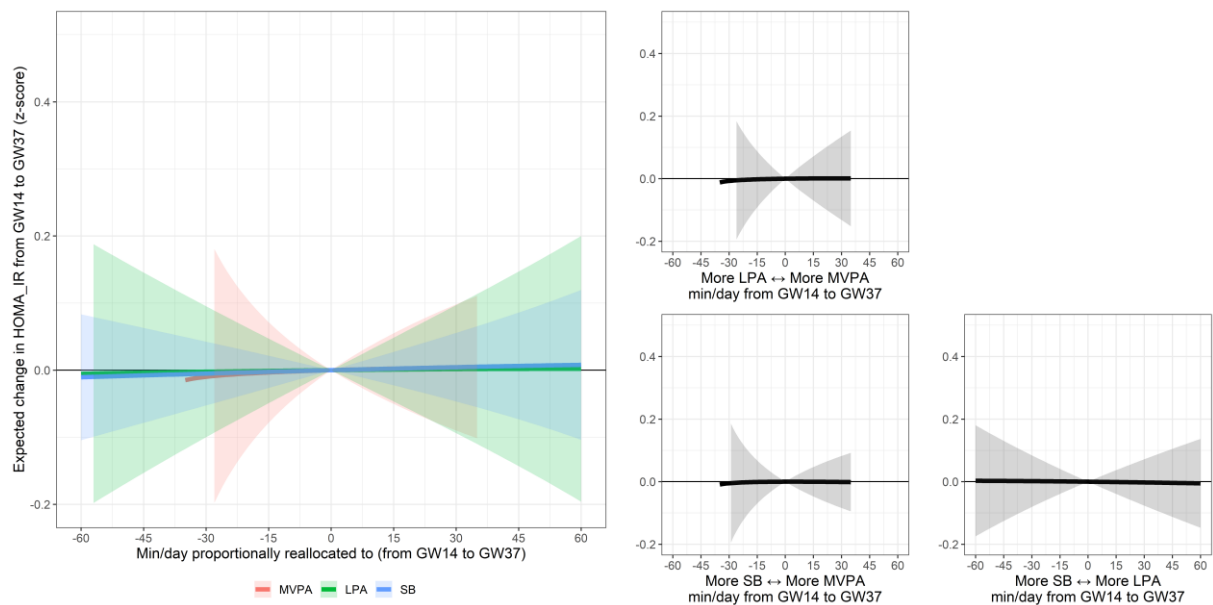
**Figure S19.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with fat mass index (FMI) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



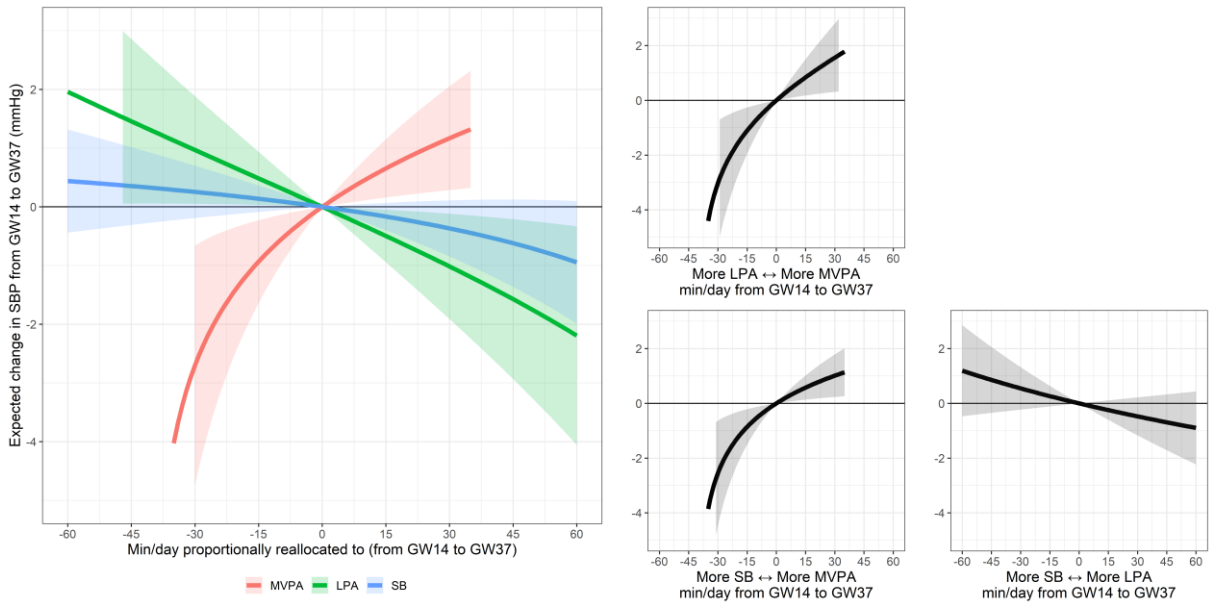
**Figure S20.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with fat free mass index (FFMI) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



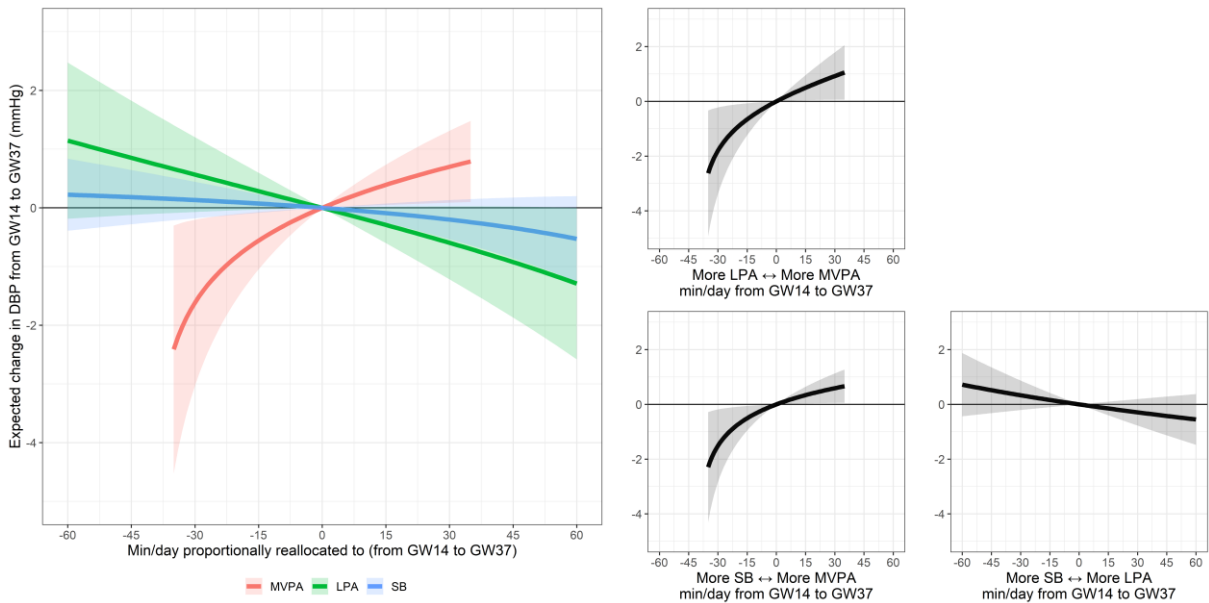
**Figure S21.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with glucose levels in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



**Figure S22.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with homeostatic model assessment for insulin resistance (HOMA-IR) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



**Figure S23.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with systolic blood pressure (SBP) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).



**Figure S24.** Longitudinal associations of change in moderate-to-vigorous physical activity (MVPA), light physical activity (LPA), sedentary behavior (SB) and sleep relative to the other behaviors between gestational weeks (GW) 14 and 37 with diastolic blood pressure (DBP) in GW37. Each colored line represents the effect of increasing one behavior while proportionally reducing the others (e.g., increasing MVPA while decreasing LPA, SB and sleep). Each black line represents the effect of increasing one behavior while proportionally reducing another (e.g., increasing MVPA while decreasing SB). Model adjusted for physical activity (i.e., MVPA, LPA, SB, and sleep) and outcome at baseline and follow and confounders (i.e., maternal age, parity [0 vs  $\geq 1$ ], education level [university vs no university degree] and group allocation [intervention vs control]).