

**Table 4. Device assessed measurement of energy expenditure comparing weekdays with weekends and by gender.**

Variable	Women (n=57)	Men (n=31)
Average energy expenditure on weekdays - median (range)		
ActiGraph (kcal)	449 (88-1191)*	512 (108-1489)
Fitbit (kcal)	2211 (1413-4371)	3000 (1940-5167)†
Average energy expenditure on weekend - median (range)		
ActiGraph (kcal)	319 (76-1020)*	526 (74-1245) **
Fitbit (kcal)	2085 (1407-4703)	2870 (1801-4668)†
Calculated REE (kcal)	1302	1606

\* $p \leq 0.05$ , women – ActiGraph reported energy expenditure for weekday vs weekend.

\*\*  $p \leq 0.05$ , women vs men – ActiGraph reported energy expenditure for the weekend.

†  $p \leq 0.05$ , women vs men – Fitbit reported energy expenditure for weekday and weekend kcal.

REE – resting energy expenditure.