

Supplementary file**A) Food recall**

Days	Meals	Time	Food items	Serving	Amount (gr)
Day 1 (working day)					
Day 2 (working day)					
Day 3 (weekend)					

B) Physical activity record

Days	Activity description	Time	Duration	Intensity (light, moderate, vigorous)
Day 1 (working day)				
Day 2 (weekend)				