Supplementary Material

Supplementary Table . Overview of assessed developmental trajectories for the biographical mapping at follow-up II

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| Health- and activity-related developmental trajectories |
| Amount of PA in everyday life |
| Relevance of sport and exercise |
| Enjoyment of training |
| Unpleasentness of training |
| Motivation to train |
| Health behavior |
| Physical fitness in everday life (i.e. general fitness level) |
| Exercise-related physical fitness (i.e. athletic fitness level or training status) |
| Physical complaints |
| Psychological stress |
| Global well-being |
| Attractiveness |
| Relevance of sport and exercise for social in one’s own social environment |
| Organization of everyday life |