**Additional file 3**

*Elbow Plot of Fit Statistics Based on Latent Class Growth Analysis of Sedentary Behavior Change Trajectories*



*Note.* The point at which the information criterion value becomes stable, even if more classes are added, is used as indication of the solution best fitting the data. AIC = Akaike’s information criterion; BIC = Bayesian information criterion; SABIC = sample size adjusted BIC.