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 (kcals) | 449 (88-1191)* | 512 (108-1489) |
| Fitbit (kcals)    | 2211 (1413-4371) | 3000 (1940-5167)† |
|                   | Average energy expenditure on weekend - median (range) |              |
| ActiGraph (kcals) | 319 (76-1020)* | 526 (74-1245) ** |
| Fitbit (kcals)    | 2085 (1407-4703) | 2870 (1801-4668)† |
| Calculated REE (kcals) | 1302 | 1606 |

*p≤0·05, women – ActiGraph reported energy expenditure for weekday vs weekend.
** p≤0·05, women vs men – ActiGraph reported energy expenditure for the weekend.
† p≤0·05, women vs men – Fitbit reported energy expenditure for weekday and weekend kcals.
REE – resting energy expenditure.