**Supplementary file**

**A)** Food record form used for the dietary assessment during the study

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| **Days** | **Meals** | **Time** | **Food items** | **Serving** | **Amount (gr)** |
| Day 1 (working day) |  |  |  |  |  |
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| Day 2 (working day) |  |  |  |  |  |
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| Day 3 (weekend) |  |  |  |  |  |
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**B) Physical activity record** used for the physical activity assessment during the study

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