

Supplementary file 1. Bivariate correlations between the different study variables.

Measurements	Correlations									
	1	2	3	4	5	6	7	8	9	10
1. Weekday screen time (min/day)	-	0.51**	-0.11**	-0.31**	-0.12**	-0.24**	0.02	-0.07**	0.09**	-0.22**
2. Weekend screen time (min/day)		-	-0.08**	-0.09**	-0.31**	-0.17**	0.00	0.02	0.07*	-0.10**
3. Physical activity (1 – 5)			-	0.11**	-0.03	0.27**	-0.11**	0.31**	0.16**	0.15**
4. Weekday sleep duration (h/day)				-	0.21**	0.19**	-0.15	0.11**	-0.02	0.22**
5. Weekend sleep duration (h/day)					-	0.00	-0.04	-0.02	-0.01	0.08**
6. Mediterranean diet (-4 – 12)						-	0.00	0.11**	-0.00	0.30**
7. Body fat (%)							-	-0.31**	-0.44**	-0.16**
8. Cardiorespiratory fitness (ml/kg/min)								-	-0.36**	0.16**
9. Muscular strength (z-score)									-	-0.07*
10. Academic performance (1 – 10)										-

Note. * $p < 0.05$, ** $p < 0.01$.