

TABLE

STUDY'S TEMPORAL VARIABLES, AVAILABLE FOR DR AND THEIR SPECIFIC VISUALIZATIONS. SOME VARIABLES HAVE ALTERNATIVE VISUALIZATIONS, INDICATED BY (*) BUT NOT SHOWN IN THIS PAPER.

	Sub variables summary	Visualization Description	Visualization (1 participant)	Visualization (2 participants)
Physical Activity	<ul style="list-style-type: none"> Walking Medium physical act. Strong physical act. Cycling to work 	Each IPAQ [26] answer is shown as a bar of different color and icon. Height indicates number of minutes per week of the activity.		
Sedentarism	<ul style="list-style-type: none"> Sitting down Watching TV/screens Studying/working in front of screen 	Each IPAQ [26] answer is shown as a bar of different color and icon, where time sitting down is separated in another column since it can be a parallel activity.		
Threadmill	<ul style="list-style-type: none"> Distance covered Final heart rate Final Borg Scale 	Line height shows heart rate values while the color of each entry shows the Borg Scale of Perceived Exertion [27]. Point size shows the difference in distance covered.		
Accelerometer*	<ul style="list-style-type: none"> Avg. steps/day Avg. physical activity Avg. time sitting down 	Line shows patient's average number of steps per day. Color of points show category of physical activity and of background category of number of steps, classifications determined by the study.		
Weight*	Body Mass Index	Line shows patient's BMI values over time. Background lines are defined by standard ranges for BMI values.		
Blood Pressure	<ul style="list-style-type: none"> Systolic blood pressure Diastolic blood pressure 	The rectangle's lower side starts at the Diastolic blood pressure value while the upper side is above the Systolic BP value. Color shows BP classification.		
Measures*	<ul style="list-style-type: none"> Waist circumference Hip circumference Arm circumference 	Waist, hip and arm circumference are sequentially plotted in a line with their respective colors and icons.		
Eating*	<ul style="list-style-type: none"> Chocolate Soda Vegetables Steamed Vegetables 	Frequency of bad and good eating habits during the previous month, each plotted in their own column for comparison.		
Sleep	<ul style="list-style-type: none"> Time until sleeping Total sleep time Time went to bed Time got up Sleep problems 	Shows hours of a day centered around midnight. Rectangle size is defined by number of hours slept and the color by Pittsburgh Scale [28] categories.		
Depression	Edinburgh Scale	Shows participant's Edinburgh Scale [29] for postnatal depression, with positive and negative ranges of values depicted on the background.		
Breastfeeding	<ul style="list-style-type: none"> Baby is breastfeeding Baby is only breastfeeding Age baby started taking other liquids 	Shows number of days since the baby started taking other liquids. Line should be constant for consistent data. Color of points show if subject is still breastfeeding.		

REFERENCES

- [26] M. Booth, "Assessment of physical activity: An international perspective," *Research Quarterly for Exercise and Sport*, vol. 71, pp. 114–120, 2000.
- [27] G. A. V. Borg, "Psychophysical bases of perceived exertion," *Medicine Science in Sports Exercise*, vol. 14, pp. 377–381, 1982.
- [28] D. J. Buysse, C. F. Reynolds, T. H. Monk, S. R. Berman, and D. J. Kupfer, "The pittsburgh sleep quality index: A new instrument for psychiatric practice and research," *Psychiatry Research*, vol. 28, no. 2, pp. 193 – 213, 1989.
- [29] J. L. Cox, J. M. Holden, and R. Sagovsky, "Detection of postnatal depression: Development of the 10-item edinburgh postnatal depression scale," *British Journal of Psychiatry*, vol. 150, no. 6, p. 782–786, 1987.