

Table S1. Comparison of demographic characteristics of follow-up and lost

| | follow-up | lost | <i>p</i> |
|--|-----------|----------|----------|
| | n=260 | n=136 | |
| | n (%) | n (%) | |
| Gender | | | |
| Male | 146(55.7) | 80(58.8) | >0.05 |
| Female | 116(44.3) | 56(41.2) | |
| Age (years) | | | |
| 18-29 | 54(20.6) | 39(28.7) | >0.05 |
| 30-39 | 99(37.8) | 46(33.8) | |
| 40-49 | 78(29.8) | 36(26.5) | |
| ≥50 | 31(11.8) | 15(11.0) | |
| Marital status | | | |
| Married | 184(70.2) | 89(65.4) | >0.05 |
| Unmarried/Divorced | 78(29.8) | 47(34.6) | |
| /widowed | | | |
| Education | | | |
| High School/technical secondary school | 42(16.0) | 18(13.2) | >0.05 |
| Junior college | 84(32.1) | 32(23.5) | |
| Bachelor | 107(40.8) | 61(44.9) | |
| Masters/Doctorate | 29(11.1) | 25(18.4) | |
| Overall | 262(100) | 136(100) | |

Table S2. Scoring rules for individuals

| Items | Score |
|--|-------|
| ① Daily steps | |
| 6,000-7,999 | 1 |
| 8,000-9,999 | 2 |
| ≥10,000 | 3 |
| ② Walking prescription (pace at 100-150 steps/minute) | |
| completing the first prescription (lasts 10 minutes) | 1 |
| completing the first two prescriptions (each lasts 10 minutes) | 3 |
| completing three prescriptions (the third lasts 15 minutes) | 6 |
| ③ Completing 3,000 steps in 05:00-09:00 or 4,000 steps in 17:00-23:00 | 1 |