# S1 Appendix

Transition classes

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| 1 | stand-sit (1-2) |
| 2 | stand-lie (1-3) |
| 3 | Stand-walk (1-4) |
| 4 | Stand-small move (1-6) |
| 5 | Sit-stand (2-1) |
| 6 | Sit-lie (2-3) |
| 7 | Sit-walk (2-4) |
| 8 | Lie-stand (3-1) |
| 9 | Lie-sit (3-2) |
| 10 | Lie-walk (3-4) |
| 11 | Walk-stand (4-1) |
| 12 | Walk-sit (4-2) |
| 13 | Walk-lie (4-3) |
| 14 | Walk-stairs (4-5) |
| 15 | Walk-small move (4-6) |
| 16 | Stairs-walk (5-1) |
| 17 | Stairs-walk (5-4) |
| 18 | Small move-stand (6-1) |
| 19 | Small move-sit (6-2) |
| 20 | Small move-lie (6-3) |
| 21 | Small move-walk (6-4) |