

Fig. 1

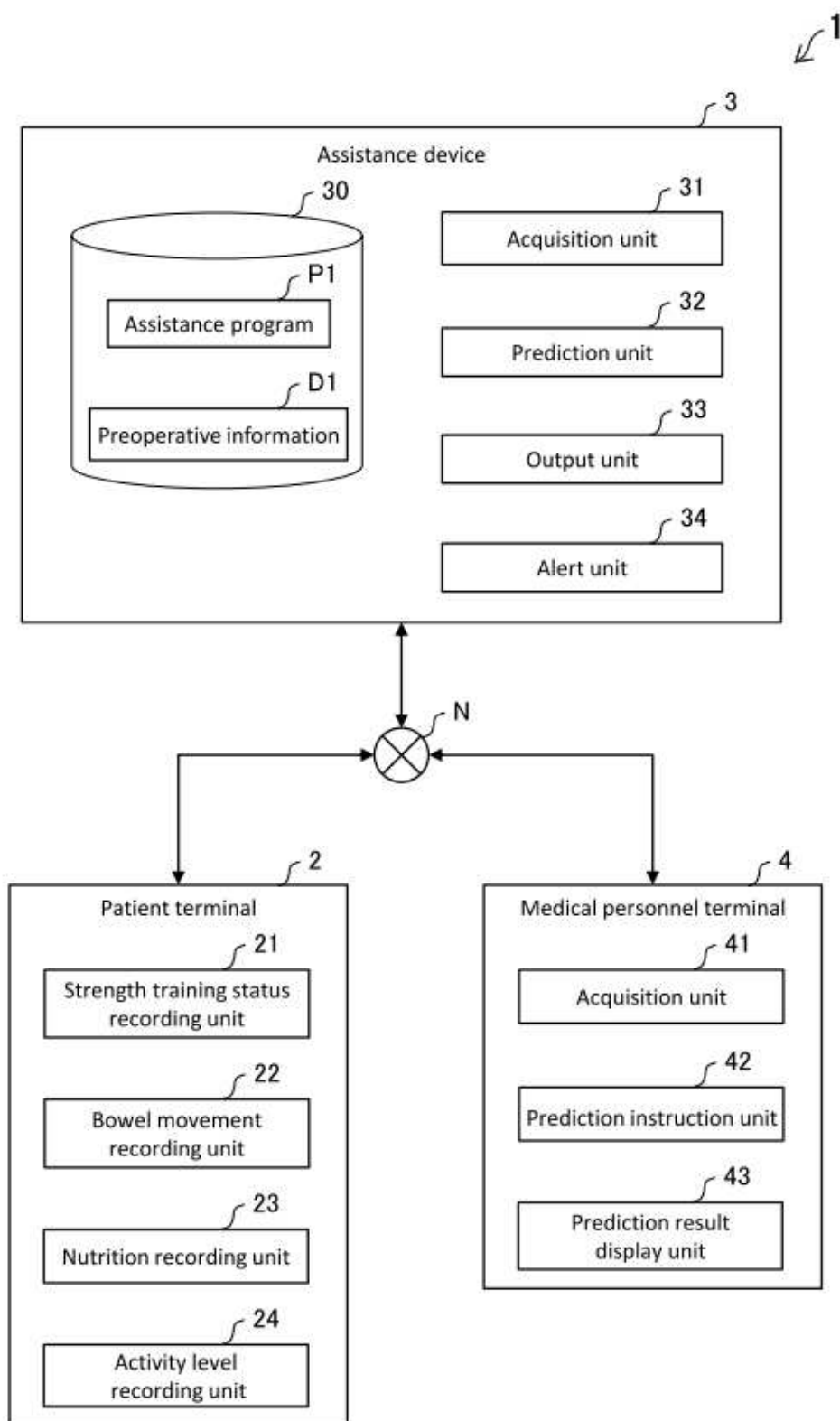


Fig. 2

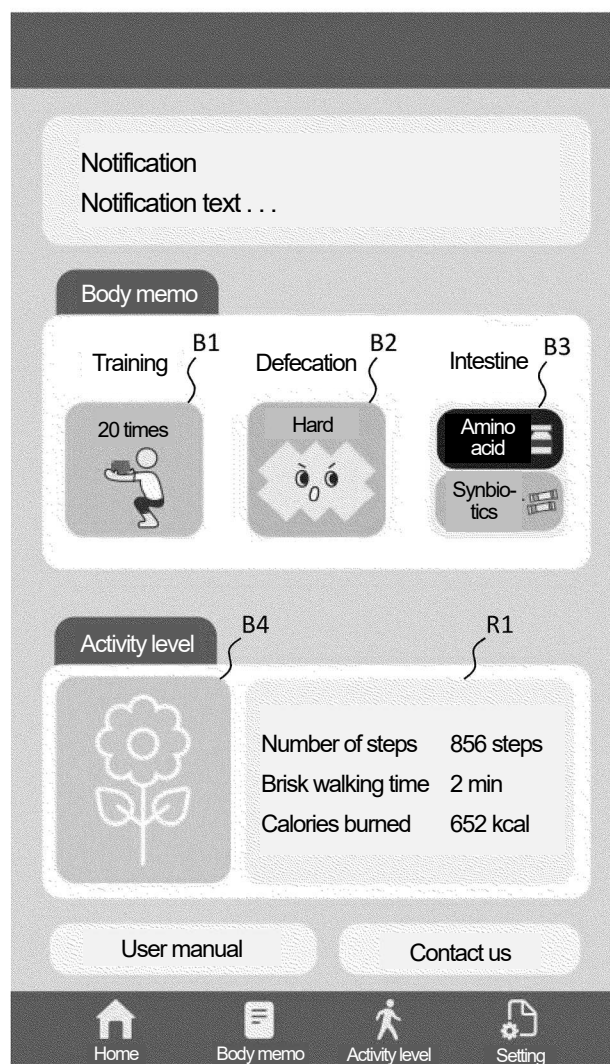


Fig. 3

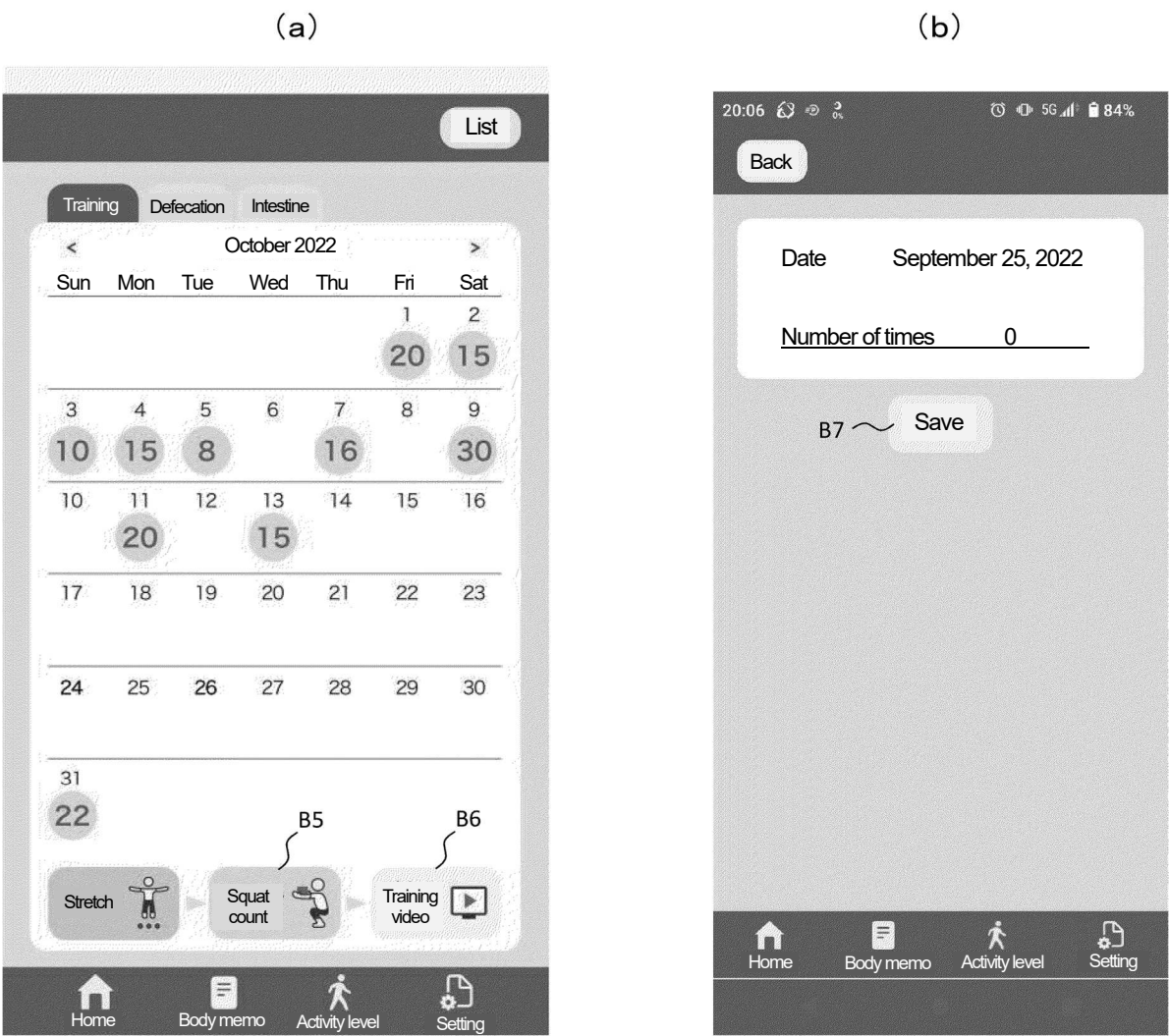
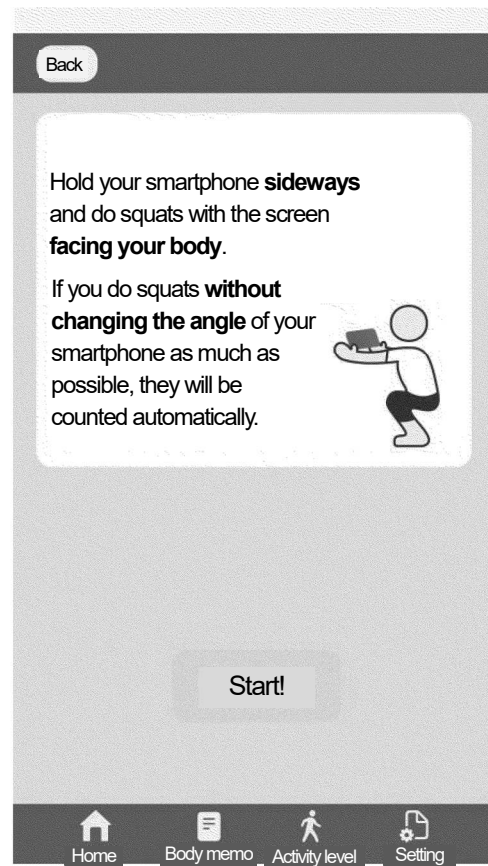


Fig. 4

(a)



(b)

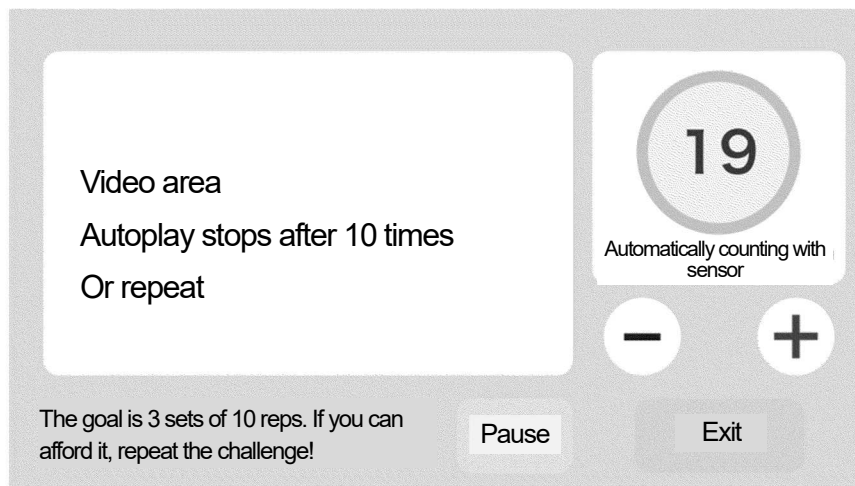


Fig. 5

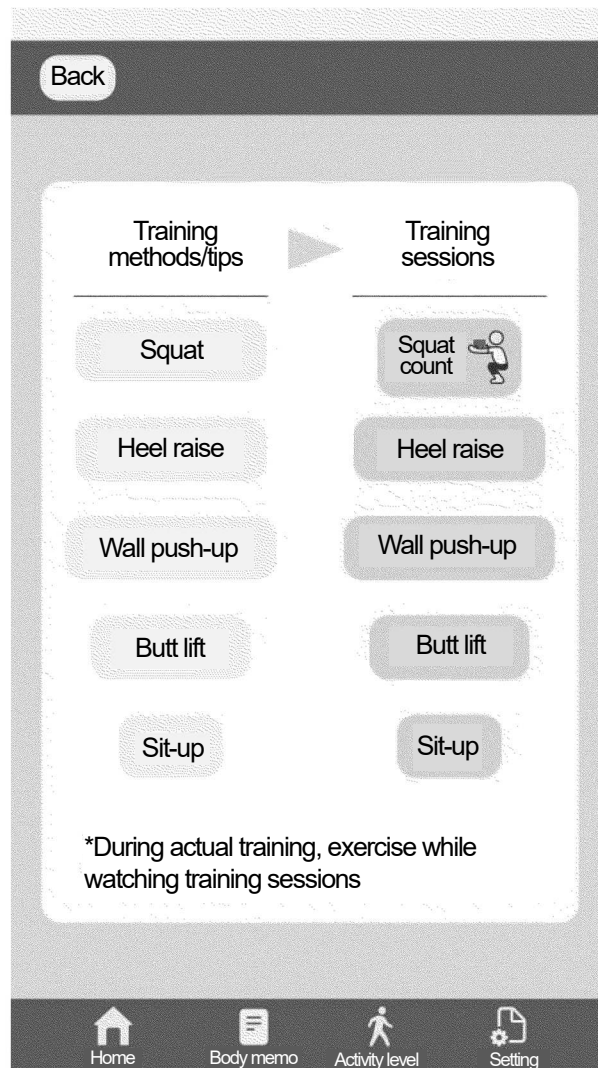


Fig. 6



Fig. 7

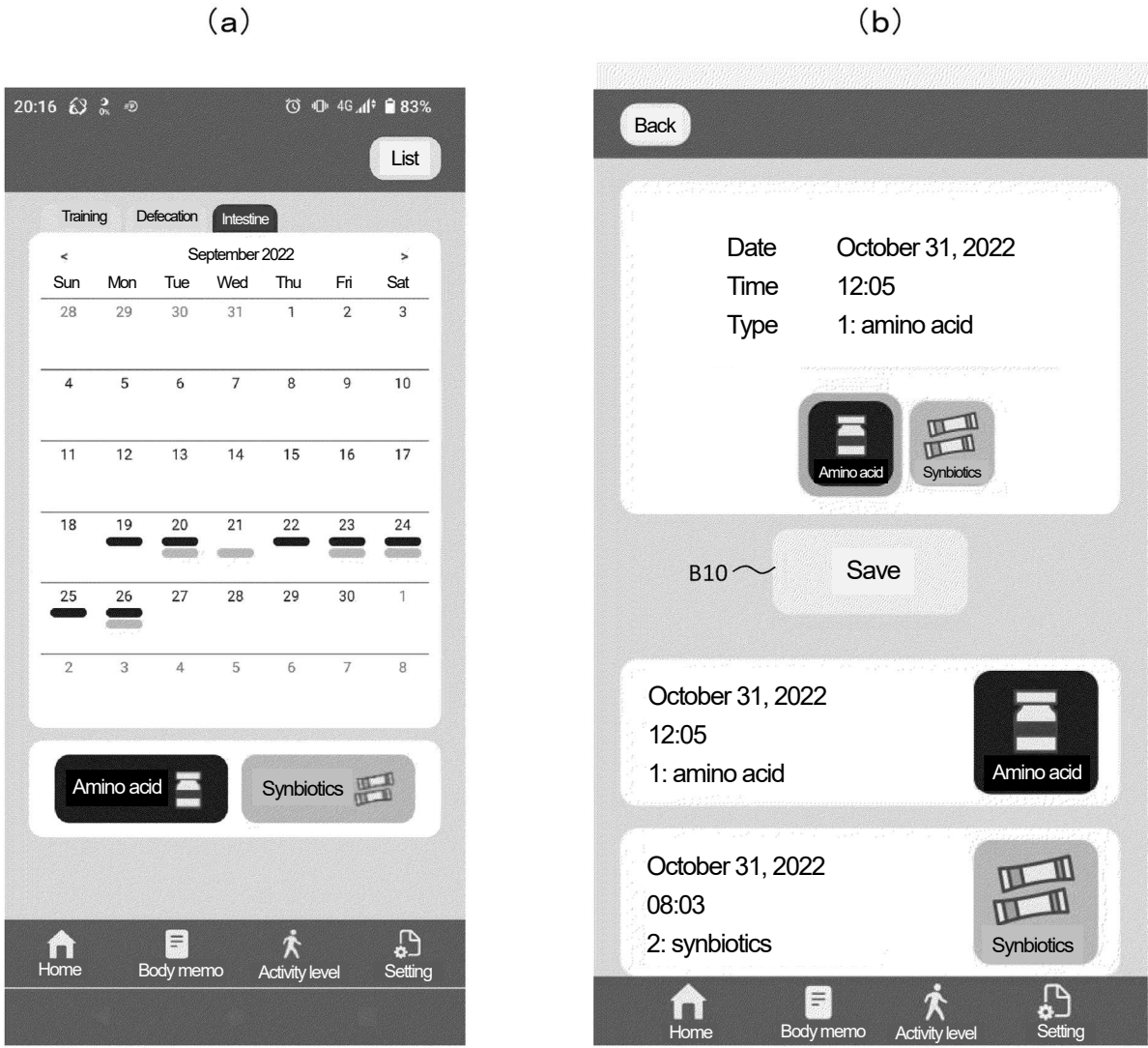


Fig. 8

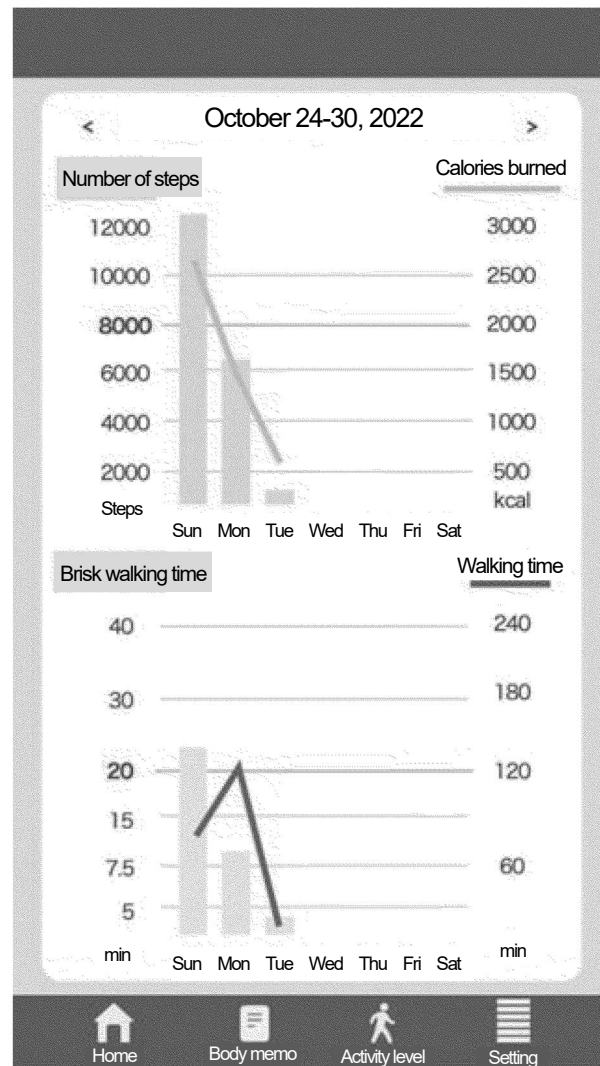


Fig. 9

Auto Save OffActivity level.csv

FileHomeInsertPage LayoutFormulasData ReviewDeveloperHelp

Search (Alt+Q)

CommentsShare

User ID		B	C	D	E	F	G	H	I
		Date	Moderate intensity activity level	Total number of steps	Brisk walking time (3 METs)	Brisk walking time (4 METs)	Brisk walking time (5 METs)	Basal metabolic calories	Medium intensity walking calories
1	ap-northeast-1:93f89438-2e36-4425-8082-28512601c678	2021/9/2	4	858	144	93	35		
2	ap-northeast-1:6fdb749d-224f-458a-8f2a-c8d05d6ccfe6	2022/1/8	4	237	72	72	72		
3	ap-northeast-1:3e5b6ef-a11e-4eb5-990b-51de50e9ba13	2022/1/1	4						
4	ap-northeast-1:e4f87c0b-fc12-45c5-8bba-e78216e9641c	2021/11/25	4	9589	2836	2237	536		
5	ap-northeast-1:3b3f5ced-5a27-447b-8068-f1b5c192d974	2021/9/5	4					1274.904	0
6	ap-northeast-1:4aed78e3-ec2-48c8-b9b7-a8d683fe95b2	2021/10/25	4	3767	1052	75	68		
7	ap-northeast-1:16f71eb3-a78f-4201-a857-a435a1810f5c	2021/11/3	4						
8	ap-northeast-1:8e9940f3-f62b-480f-92ea-2ed397b33e75	2021/11/30	4	7963	1822	935	336		
9	ap-northeast-1:560fb007-b547-450e-977a-0cf19cfa04fd	2021/12/10	4	1733	559	309	61	1575.572	25.235
10	ap-northeast-1:42bb1383-47ad-4e8f-96ab-4ae83609fe4a	2021/11/26	4	7023	887	87	87	1636.098	6.902
11	ap-northeast-1:3488e76d-b8db-403b-96ca-016420174eec	2021/9/15	4	7061	1930	620	409	1719.114	53.52666667
12	ap-northeast-1:195422ec-8755-4233-bf11-d3fa0e32aaaf	2021/9/26	4						
13	ap-northeast-1:672d6450-0b05-497b-af7b-8e281835aebf	2021/10/2	4	653					
14	ap-northeast-1:aa85831f-d719-451c-b8b2-efb80086fa93	2021/9/12	4						
15	ap-northeast-1:3e5b6ef-a11e-4eb5-990b-51de50e9ba13	2021/12/10	4	1099	89	87	64		
16	ap-northeast-1:f262a022-1ce2-4fa0-805c-f640d843b126	2022/2/24	4	5526	1140	780	360	1660.162	70.07
17	ap-northeast-1:401a6da5-d97c-4bfe-a175-68f2bbe0ebdf	2021/11/10	4	5910	2079	582	88		
18	ap-northeast-1:40510430-1978-47de-8ec8-354229c1c937	2021/9/24	4	4540	534	2	2		
19	ap-northeast-1:00ca9b13-d542-45b8-bcc2-cdfb948cf462	2022/1/1	4						
20	ap-northeast-1:c4e4ae8e-a832-4c1f-83ce-2642cb85abb7	2021/12/6	4						
21	ap-northeast-1:5345a943-9585-4977-9099-cf3044d69083	2021/9/2	4						
22	ap-northeast-1:4b01cc5a-affb-493c-896f-0395eb114ed5	2021/10/29	4						
23	ap-northeast-1:0029596f-9c54-4066-8e49-772e71764304	2021/11/30	4	7204	1531	952	197	1437.133	71.08266667
24	ap-northeast-1:aba59120-e2ec-441b-a431-b1cd48200419	2021/10/6	4	902	39	39	39		
25	ap-northeast-1:de2735e0-50f3-4918-9a43-5db6d3156ace	2021/9/4	4	3716	1280	406	406	1350.895	27.47266667
26	ap-northeast-1:0360201a-4b0a-1a0b-01e1-c6a701a7-07	2021/11/2	4	6160	3124	8104	372		

ReadyActivity level

Fig. 10

Yakult healthcare app

Admin screen user

Organization

Role

App user

Download

JPEN

List of app users

Add search conditions

#	Unique ID	Organization	Authentication code	User number	
1	ap-northeast-1:55aa7e10-0875-4012-9d5b-664c64d9f23a	Yakult health 21 (2021)	910hza	147271	Edit
2	ap-northeast-1:a9f52697-fdad-4b3a-a372-e36debcbfa89				Edit
3	ap-northeast-1:53cbd217-24bd-4189-aecf-e3ad458087b0				Edit
4	ap-northeast-1:41c494c4-c972-476c-9633-cde766c655cd				Edit
5	ap-northeast-1:2cb1019a-07ef-4351-a852-7c35e2f7617d				Edit
6	ap-northeast-1:fc26a209-ca9b-4338-bb44-aec6b4cab8e2				Edit
7	ap-northeast-1:e6e5e930-2ba0-42d5-87c7-				Edit

Fig. 11

