

Supplementary File 3. Morning body mass (black points) following focal nights across the entire study period, starting at the date of capture. These data points were smoothed (grey line), and the slope of these points was used to define breeding, fattening, and migration periods for each bird, which are shaded blue, yellow, and red, respectively. Non-fatteners are also included and shaded dark red. The first panel shows night length throughout the study period.

















