

This document outlines the timeline of the Motivate RA LJMU programme. It can be used as a reference guide to know what to expect during the programme.

1) Pre-Testing (Week 0)

- You will have organised a date to complete the *pre-testing health assessments* with the research team at your initial meeting. You will have also organised a *before-testing call* the day before testing where a researcher will take you through the testing process.
- You will be sent out a testing kit to your preferred address that contains all the equipment you need.
- You will complete the testing independently, but the research team are contactable via email if you have any issues or questions.
- You will also wear a physical activity monitor watch for 7-days (from the day of pre-testing). Once the monitor has been worn for 7-days you will send it back in a pre-paid envelope. You will keep the rest of the testing kit for the duration of the study.

2) Programme Planning Meeting (Week 0)

- During the 7-day physical activity monitoring (mentioned above) you will have a meeting with a physical activity expert to plan your walking programme.
- You will be shown how to use the *mHealth* technology during this meeting.

3) Programme Begins (Week 1)

- You will start your walking programme after the 7-days physical activity monitoring period.

4) Optional Refresher Meeting (Week 3)

- You will have the opportunity for a refresher meeting during week 3 of the programme.
- This meeting will provide you the opportunity to ask any questions surrounding the programme and/or discuss any issues with the programme or associated *mHealth* technology.

5) Physical Activity Questionnaire (Week 4)

- You will receive a short (approx. 2 minutes to complete) questionnaire asking about your physical activity levels.

6) **Mid-Testing (Week 6)**

- You will have organised a date to complete the *mid-testing health assessments* with the research team via email.
- You will also have the opportunity to organise another *before-testing call* the day before testing if you wish.
- You will also wear a physical activity monitor watch for 7-days (from the day of pre-testing). Once the monitor has been worn for 7-days you will send it back in a pre-paid envelope.

7) **Physical Activity Questionnaire (Week 8)**

- You will receive a short (approx. 2 min to complete) questionnaire asking about your physical activity levels.

8) **Post-Testing (Week 12/13)**

- You will have organised a date to complete the *mid-testing health assessments* with the research team via email.
- You will also have the opportunity to organise another *before-testing call* the day before testing if you wish.
- You will also wear a physical activity monitor watch for 14-days (from the day of pre-testing). Once the monitor has been worn for 14-days you will send it back in a pre-paid envelope.

9) **Optional Interview**

- You may be asked if you wish to participate in an optional interview in which you will be asked about your experience of the intervention.

10) **3-Month Follow-Up Testing (Week 24)**

- You will have organised a date to complete the *mid-testing health assessments* with the research team via email.
- You will also have the opportunity to organise another *before-testing call* the day before testing if you wish.
- You will also wear a physical activity monitor watch for 7-days (from the day of pre-testing). Once the monitor has been worn for 7-days you will send it back in a pre-paid envelope.