

**Supplementary material – Appendix 8: Table showing level of engagement at each intervention step**

<b>Stage started</b>	<b>Summary of content</b>	<b>Number (% of 224 in intervention arm)</b>
Did NOT register		81 (36%)
Step 1	Quiz on benefits of PA	144 (64%)
Step 2	Support to get active	133 (59%)
Step 3	Encourage self-monitoring of steps	107 (48%)
Step 4	Setting SMART step-count goals for next week	99 (44%)
Step 5	Setting SMART goals for any PA for next week	96 (43%)
Goal review	Review goal and personalised feedback	81 (36%)