

Supplementary Table 2 Secondary outcome measures

Outcome	Measurement/tool	Follow-up (after randomisation)
Proportion of fallers	Monthly calendars	12 months
Time spent in sedentary, light, moderate and vigorous physical activity	ActiGraph	6 & 12 months
Daily steps	ActiGraph	6 & 12 months
Physical activity-related goal attainment	Goal Attainment Scale ⁴⁹	3, 6 & 12 months
Body mass index	Self-reported height and weight	3, 6 & 12 months
Eating habits	Questions from the Australian Health Survey ²⁶	3, 6 & 12 months
Quality of life	EQ-5D-5L ²³	3, 6 & 12 months
Fear of falling	Short form Falls Efficacy Scale International ²⁷	3, 6 & 12 months
Mood	Positive and Negative Affect Schedule ²⁸	3, 6 & 12 months
Risk-taking behaviour	5-item self-report tool ³⁰	3, 6 & 12 months
Well-being	26-item composite scale of wellbeing (the COMPAS-W scale) ²²	3, 6 & 12 months
Mobility-related confidence	Modified Gait Efficacy Scale ²⁹	3, 6 & 12 months
Self-reported physical activity	Incidental and Planned Exercise Questionnaire ²¹	3, 6 & 12 months
Disability	WHO Disability Assessment Schedule II ²⁴	3, 6 & 12 months