

Supplementary Table 1. Intervention Content by Condition, and Main Components: Ready Steady 3.0

Intervention Content Component	Primary BCTs Supplementary BCTs	Intervention Conditions (Intervention Packages)											
		1			2			3			4		
		Duration (weeks)	Frequency (contacts)	Amount (minutes)	Duration (weeks)	Frequency (contacts)	Amount (minutes)	Duration (weeks)	Frequency (contacts)	Amount (minutes)	Duration (weeks)	Frequency (contacts)	Amount (minutes)
Interpersonal Behavior Change	<b>1.2 Problem Solving (Environment)</b>	0	0	0			<b>32</b>	0	0	0			<b>25</b>
	NA. Information	0	0	0			4	0	0	0			5
	6.2 Social comparison	0	0	0				0	0	0			
	12.2 Restructuring the Social Environment	0	0	0	7	2	22	0	0	0	7	2	16
	8.1 Behavioral Practice/Rehearsal	0	0	0				0	0	0			
	4.4 Behavioral Experiments	0	0	0				0	0	0			
	8.6 Generalization of Behavior	0	0	0			6	0	0	0			4
	0	0	0			0	0	0	0			0	
<b>6.2 Social Comparison</b>	0	0	0			<b>30</b>	0	0	0			<b>30</b>	
NA. Information	0	0	0			4	0	0	0			4	
3.1 Social Support (unspecified)	0	0	0	6	2	19	0	0	0	6	2	19	
8.1 Behavioral Practice/ Rehearsal	0	0	0				0	0	0				
8.6 Generalization of Behavior	0	0	0			7	0	0	0			7	
<b>7.1 Prompts and cues for exercise</b>	0	0	0			<b>30</b>	0	0	0			<b>30</b>	
NA. Information	0	0	0			6	0	0	0			6	
6.2 Social Comparison	0	0	0	5	2	16	0	0	0	5	2	16	
1.2 Problem solving	0	0	0				0	0	0				
8.1 Behavioral Practice/ Rehearsal	0	0	0				0	0	0				
8.6 Generalization of Behavior	0	0	0			8	0	0	0			8	
<b>3.1 Social Support (unspecified)</b>	0	0	0			<b>17</b>	0	0	0			<b>17</b>	
NA. Information	0	0	0			2	0	0	0			2	
6.2 Social Comparison	0	0	0	4	1	12	0	0	0	4	1	12	
8.1 Behavioral Practice/ Rehearsal	0	0	0				0	0	0				
8.6 Generalization of Behavior	0	0	0			3	0	0	0			3	
<b>13.1 Identification of self as a role model</b>	0	0	0			<b>6</b>	0	0	0			<b>6</b>	
NA. Information	0	0	0	3	1	1	0	0	0	3	1	1	
6.2 Social Comparison	0	0	0			5	0	0	0			5	
Intrapersonal Behavior Change	<b>1.2 Problem Solving (Personal)</b>	0	0	0	0	0	0			<b>32</b>			<b>25</b>
	NA. Information	0	0	0						4			5
	6.2 Social Comparison	0	0	0				7	2	22	7	2	16
	8.1 Behavioral Practice/Rehearsal	0	0	0				0	0	0			
	4.4 Behavioral Experiments	0	0	0				0	0	0			
	8.6 Generalization of Behavior	0	0	0			0	0	0	0			0
	0	0	0			6	0	0	0			6	
	<b>1.3 Goal Setting (outcome)</b>	0	0	0			<b>16</b>			<b>16</b>			<b>16</b>
	NA. Information	0	0	0			0			0			0
	12.5 Adding Objects to the Environment	0	0	0			0			0			0
	6.1 Demonstration of Behavior	0	0	0			0	6	2	8	6	2	8
	NA. Reflection: writing personal goals	0	0	0			0			0			0
	Behavioral Practice/Rehearsal	0	0	0			0			0			0
	8.6 Generalization of Behavior	0	0	0			0			3			3
<b>8.3 Habit Formation</b>	0	0	0			<b>31</b>			<b>31</b>			<b>31</b>	
NA. Information	0	0	0			0			8			8	
12.5 Adding Objects to the Environment	0	0	0			0			0			0	
6.1 Demonstration of the Behavior	0	0	0			0	5	2	15	5	2	15	
15.2 Mental Rehearsal	0	0	0			0			0			0	
1.2 Problem Solving	0	0	0			0			0			0	
8.1 Behavioral Practice/Rehearsal	0	0	0			0			8			8	
8.6 Generalization of Behavior	0	0	0			0			0			0	
<b>1.4 Action Planning</b>	0	0	0			<b>16</b>			<b>16</b>			<b>16</b>	
NA. Information	0	0	0			0			5			5	
12.5 Adding Objects to the Environment	0	0	0			0			0			0	
1.7 Review Outcome Goals	0	0	0			0	4	2	8	4	2	8	
6.1 Demonstration of Behavior	0	0	0			0			0			0	
8.1 Behavioral Practice/Rehearsal	0	0	0			0			0			0	
8.6 Generalization of Behavior	0	0	0			0			3			3	
<b>1.7 Review Outcome Goals</b>	0	0	0			<b>16</b>			<b>16</b>			<b>16</b>	
NA. Information	0	0	0			0			5			5	
12.5 Adding Objects to the Environment	0	0	0			0			0			0	
1.6 Discrepancy Between Current Behavior	0	0	0			0	2	1	7	2	1	7	
NA. Reflection: Adjust goals & plans	0	0	0			0			0			0	
6.1 Demonstration of Behavior	0	0	0			0			0			0	
8.1 Behavioral Practice/Rehearsal	0	0	0			0			0			0	
8.6 Generalization of Behavior	0	0	0			0			4			4	
Physical Activity Protocol	<b>8.1 Behavior Practice/Rehearsal</b>			<b>451</b>			<b>451</b>			<b>451</b>			<b>451</b>
	4.1 Instruction on how to perform behavior			41			41			41			41
	3.2 Social Support (practical)*	8	8	16			16			16			16
	6.1 Demonstrating of the behavior			41	8	8	41			41	8	8	41
	8.1 Behavior Practice/Rehearsal			315			315			315			315
	8.6 Generalization of Otogo Exercises			38			38			38			38
Physical Activity Monitor	<b>2.3 Self monitoring of behavior</b>			<b>25</b>			<b>25</b>			<b>25</b>			<b>25</b>
	NA. Information	8	8	10			10	8	8	10	8	8	10
	12.5 Adding objects to the environment			15			15			15			15
Attention Control Content	<b>Technical Questions Health and Wellness Topics</b>			<b>76</b>			<b>76</b>			<b>76</b>			<b>10</b>
	5.1 Information about health consequences	7	7	135	0	0	0	0	0	0	0	0	0
	9.3 Comparative Imagining of future outcome	1	1	10	0	0	0	0	0	0	0	0	0
		1	1	10	0	0	0	0	0	0	0	0	0
<b>Total Intervention Dosage Amounts</b>				<b>687</b>			<b>667</b>			<b>663</b>			<b>698</b>