

Additional File 1: Optimised and non-optimised diaries

A. Optimised diary



Walking Diary – January 2015

Name: _____ ID: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
e.g. 1 1) 15 min 2) 10 min	e.g. 2 0		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Comments:



Instructions

For each day, please write in the box the number of times you walked and how long each walk lasted.

Example 1

If you have walked twice today, once for 15 minutes and once for 10 minutes, you should write the following in today's box:

- 1) 15 mins
- 2) 10 mins

e.g. 1 1) 15min 2) 10min	e.g. 2 ○
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Example 2

If you have not walked for over 10 minutes at a time today, you should write 0 in the box.

If you have any comments, please write them in the blue Comments box at the bottom of the page.

Please try and remember to fill the calendar in daily. Thank you for participating in this study.

B. Non-optimised diary

Booklet Walking Diary

Name: _____ ID: _____

Week 1 Example

Monday 26 th January - Example					
Walk 1	Yes/No How long for? <i>10 min</i>	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments: <i>Enjoyed walk</i>		Comments: <i>Raining</i>		Comments:	
Tuesday 27 th January - Example					
Walk 1	Yes/No How long for? <i>30 min</i>	Walk 2	Yes/No How long for? <i>10 min</i>	Walk 3	Yes/No How long for?
Comments:		Comments: <i>Went to the shops</i>		Comments:	
Wednesday 28 th January - Example					
Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments: <i>Tired</i>		Comments:		Comments:	

Instructions:

For each day:

1. Please complete whether you took a walk Yes/No for Walk 1, Walk 2 and Walk 3
2. If you went for a walk, please enter the number of minutes the walk lasted
3. Please write any comments that you wish to about your experience of the walk or why you didn't go for a walk on this occasion

You do not have to walk three times a day. If you walk over three times a day, please enter the fourth (or fifth, sixth etc.) walk in a comments box for that day e.g. Walk 4: 15 minutes.

Example:

If you go for a walk twice today, once for 30 minutes and once for 10 minutes, you should write in the following:

Tuesday 26 th January - Example					
Walk 1	<input checked="" type="radio"/> Yes <input type="radio"/> No	Walk 2	<input checked="" type="radio"/> Yes <input type="radio"/> No	Walk 3	<input type="radio"/> Yes <input checked="" type="radio"/> No
	How long for? <i>30 min</i>		How long for? <i>10 min</i>		How long for?
Comments:		Comments: <i>Went to the shops</i>		Comments:	

Please try and remember to complete the diary every day. Thank you for participating in this study.

Booklet Walking Diary

Name: _____ ID: _____

Week 4 January 2015

Monday 26 th January					
Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	
Tuesday 27 th January					
Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	
Wednesday 28 th January					
Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	

Thursday 29th January

Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	

Friday 30th January

Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	

Saturday 31st January

Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	

Sunday 1st February

Walk 1	Yes/No How long for?	Walk 2	Yes/No How long for?	Walk 3	Yes/No How long for?
Comments:		Comments:		Comments:	