

SI Fig. Interview Guide

- Please could you describe your experiences using the wearable devices?
- In what ways did you use the wearable devices?
- Were the wearable devices helpful to increase your physical activity level or reduce sedentary behaviour (i.e., time spent sitting down)? If so, in what ways?
- Which aspects did you view or make use of the most? (Note: if participants refer to step count, prompt knowledge and awareness of Moderate-to-vigorous physical activity guidelines and the accumulation of active minutes on the device(s).
- What were the some of the useful aspects of wearing the trackers?
- What were the some of the less useful aspects of wearing the trackers?
- When you wore your physical activity monitor, how did you feel about wearing it?
- What were the features of the way the monitors looked that you most liked and disliked?
- How easy or difficult did you find using the activity devices?
- How easy or difficult did you find downloading or linking the activity monitor to your phone/pc? Did you engage mostly with the device or with the App or both?
- Overall what is your opinion towards activity monitors?
- Which activity monitor would you choose and why?